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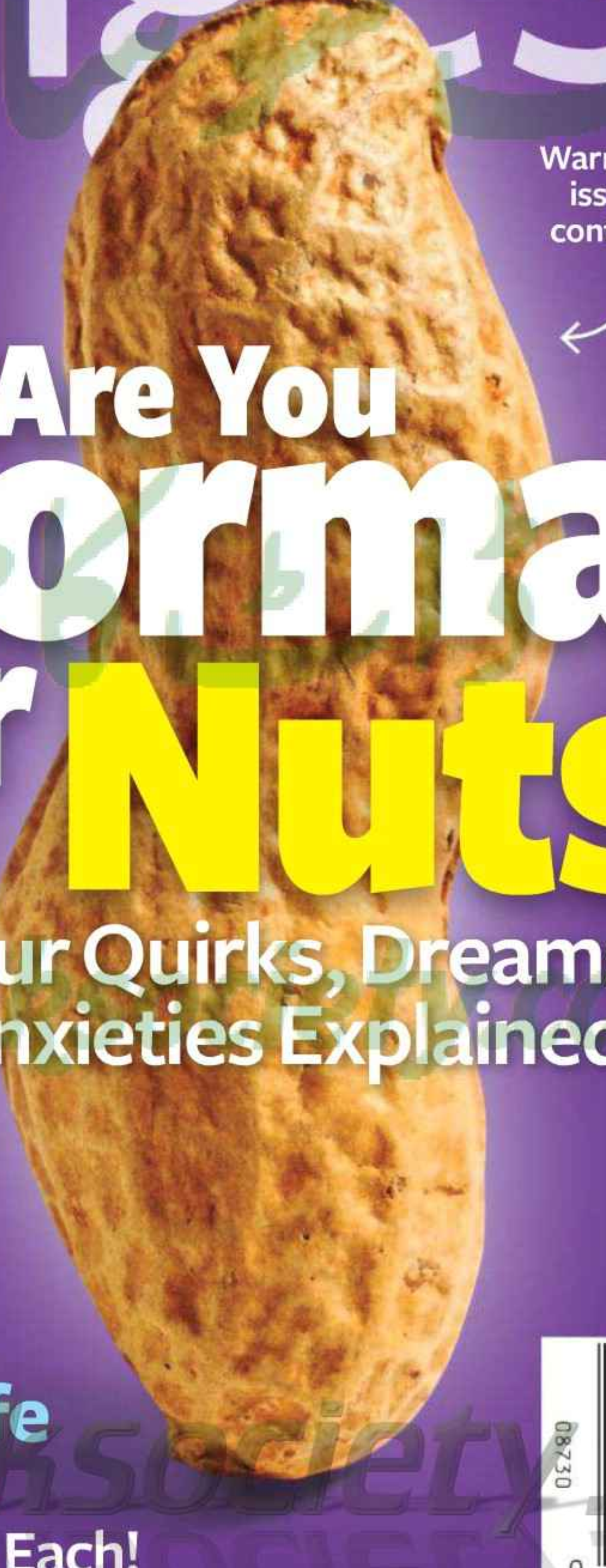

Warning: This issue may contain nuts

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Reader's Digest

MARCH 2012

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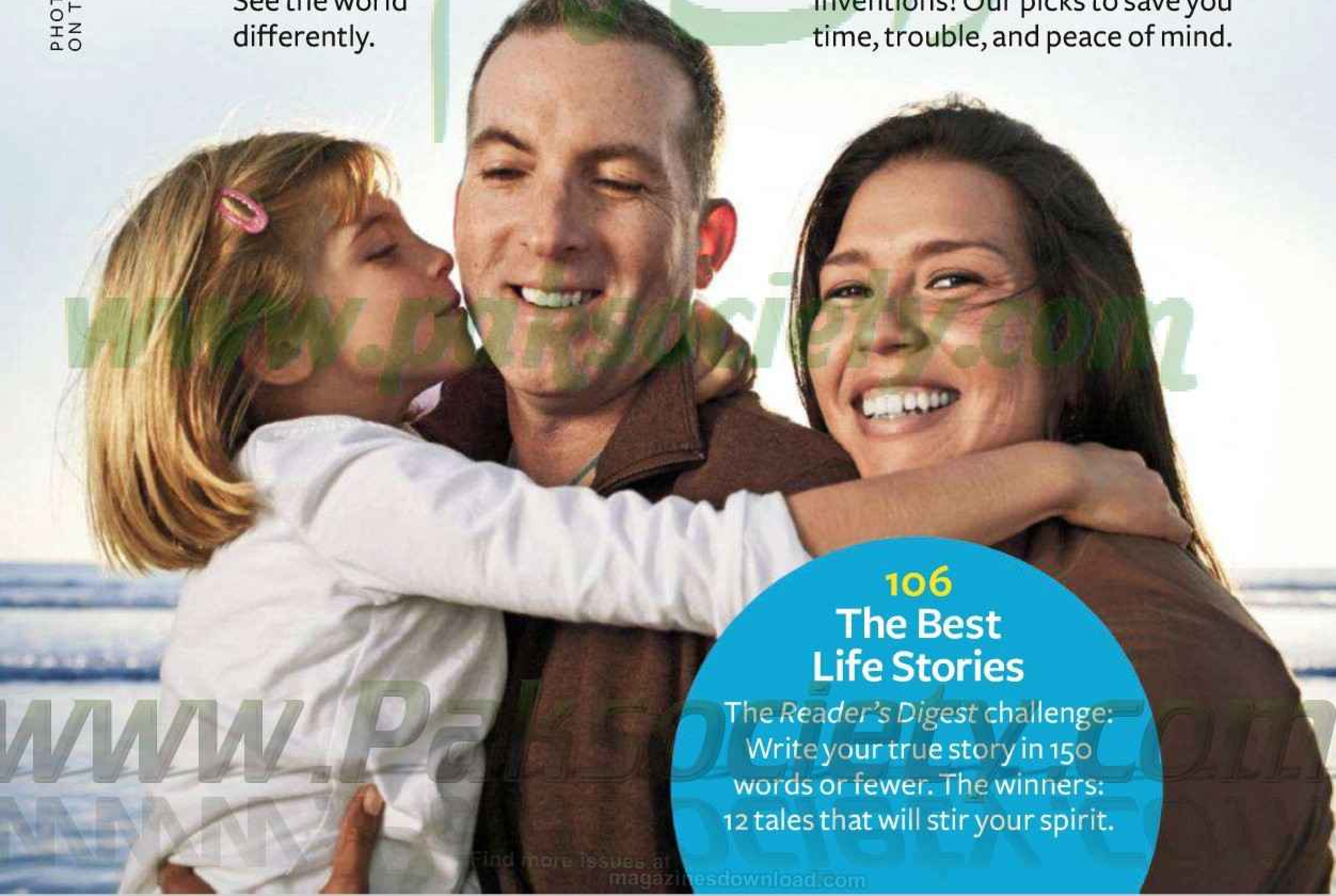

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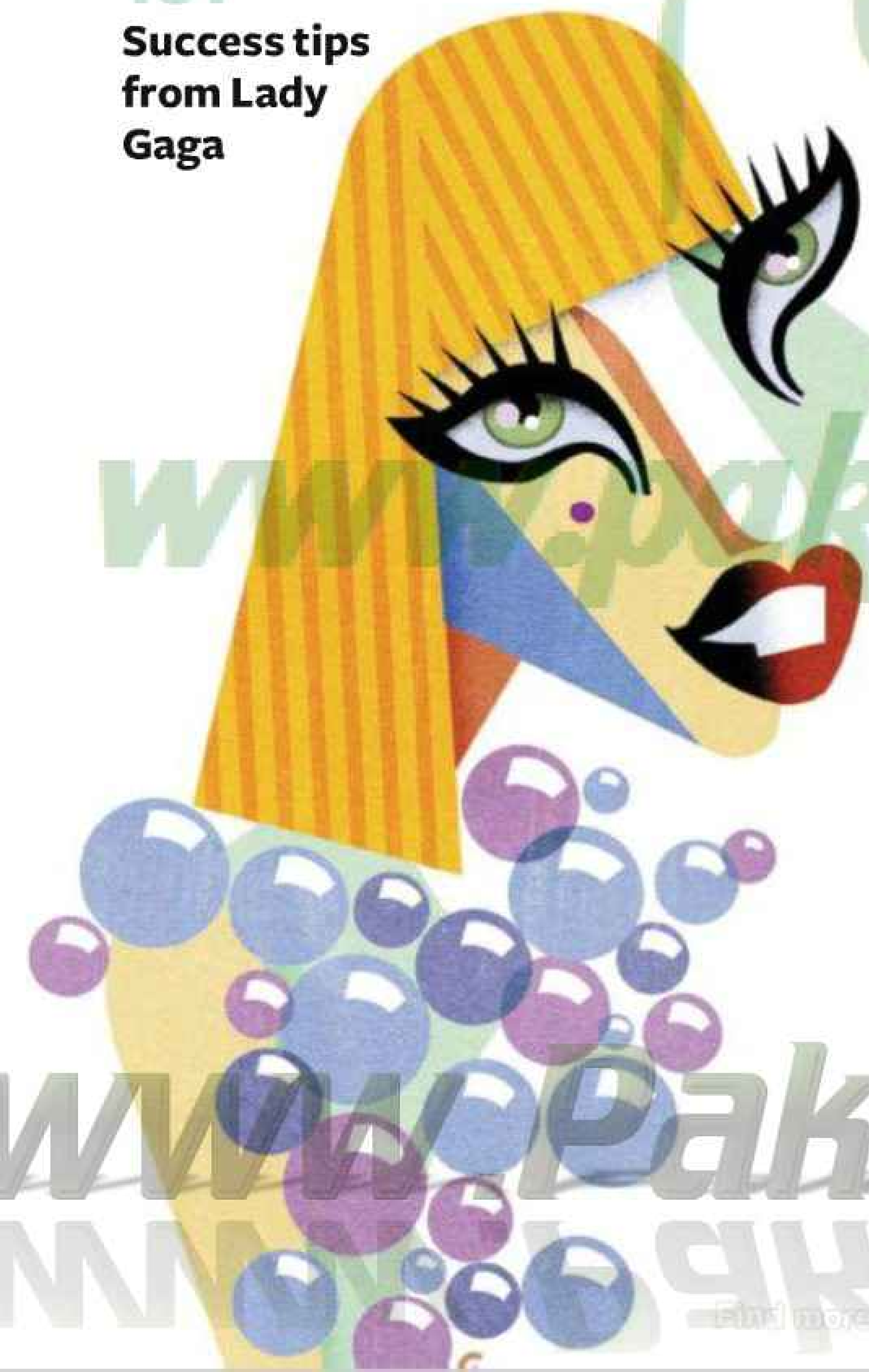

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Editor's Note

Writings from the Extraordinary Ordinary

I read. A lot. I consume tweets and blogs, magazines and newspapers. From lines of poetry to piles of books, I read out of professional necessity and for pure joy. So it really says something that the most extraordinary work I read in 2011 was the duet of submissions written by *New York Times* columnist David Brooks. He called them "The Life Reports," short essays in which readers over 70 evaluated their lives. His roundup revealed themes among his happiest respondents: resilience, a commitment to family, a predilection for risk, and a realization that life gets better decade by decade. "By their 60s, many contributors had found their zone," he wrote.

I clipped and carried the columns in my bag, e-mailed them to loved ones, and asked a dear friend what she'd have written. Her response was bittersweet. "I realize this is why I don't live a reflective life," she wrote back after abandoning the project.

Coincidentally, *Reader's Digest* had embarked on a similar effort, asking people to write their life story in 150 words or fewer. The winning (and revealing) essays start on page 106. What struck me about both sets of essays? Whether it's a child, spouse, parent, or pet, nearly everyone wrote about someone he or she loved.

The pieces are plainspoken, truth-telling testimonials from regular people, folks whom my executive editor Barbara is moved to call the "extraordinary ordinary."

Folks, that is, like you.

L. Vaccariello liz@rd.com

PHOTOGRAPH BY MELANIE DUNEA/CPI

THIS MONTH, I HOPE YOU ...

Sigh "Texts Gone Bad," page 56
Laugh "Are You Normal or Nuts?" page 126
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4 Word Power to the People

Love learning? Take our daily word challenge on Facebook and Twitter: Guess the definition and use it in a sentence—we'll reveal the right answers and call out the most creative.

5 The Best of *Reader's Digest*

Keep reading: We're constantly posting our all-time favorite, most compelling true stories from 90 years of treasured archives, from local heroes to the dumbest criminals of all time.

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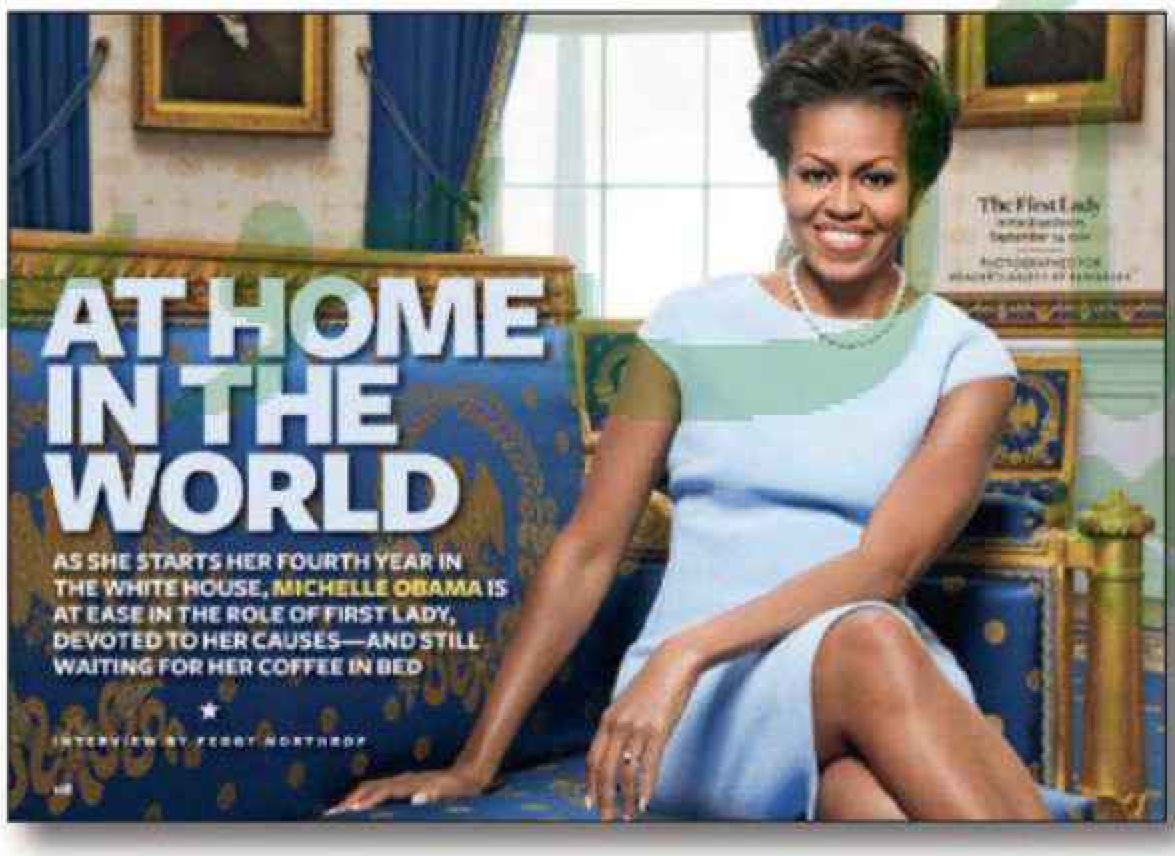
First Lady Memoranda

I found the interview with Michelle Obama informative, and I was impressed by the first lady's concern for military families in particular and American families in general ("At Home in the World"). Stretching the household income is one of American families' major challenges. That said, I wonder if Michelle is as profligate with her husband's money as he is with ours. *Robert Gibbons,* Mesa, Arizona

Certainly Michelle Obama has made a great effort to fight obesity by forcefully addressing the need for healthy foods in the private sector. However, the federal government, through its food stamp program and lack of restrictions, contributes to obesity more than the entire private sector does. It would be helpful if Mrs. Obama could steer the federal food stamp program toward healthier foods.

Stephen Einhorn, Milwaukee, Wisconsin

How in the world can Michelle Obama say "Everything we do is not for us but for the next generation"? In my view, her husband's policies and politics have mortgaged the futures of at least our next three generations. *Steve Wells,* Casco, Michigan



I applaud the first lady's statement: "Intergenerational interaction in families is key." Family generations are often separated by physical as well as emotional distance. We need to overcome this divide for the health of all age groups. *B. D.,* via Internet

A Manual on Manners

I loved that *Reader's Digest* ran an article on etiquette ("Where *Are* Our Manners?"). As a child, I was taught proper manners, and now that I'm an adult, rude people drive me crazy. But I have to ask: Where does Anna Post hang out that she has seen people cutting their toenails in public?! I'd like to hear that cringe-worthy story! *Kim Gordon,* Newton, New Hampshire

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Henry Alford needs to remember that manners start with respect. When he says "Remember that the girl behind the rent-a-car desk isn't named Google," are we to think the rental car agency employs 12-year-olds? The person behind the desk is a clerk, a cashier, or an agent. If the person is female, she is a woman, not a girl. Other than that, nice article.

Ruth Willbanks, Gaithersburg, Maryland

The office I work in just initiated a new rule regarding cell phones in company meetings: If your phone rings, you have to stand on your chair and do a farm animal impression. There were tears of laughter when the head of marketing did his one-man chicken show last week! Of course, we do bend the rules slightly if the CEO is present.

Adrian Cory, Mercer Island, Washington

A Final Touch

Reader's Digest, you finally solved a decade-long problem for us! When I turned to this month's Home Digest section, I went slightly nuts! The Yellow Submarine shower curtain featured as a bathroom mini makeover has been on our shopping list since 1999, when my kids and I decided to update their bathroom. Ages 9 and 11 at the time, they both loved the Beatles' *Yellow Submarine* movie, so we started drawing and painting. But we could never find a shower curtain to match. When I saw your article, I had the shower curtain ordered and installed in 36 hours. I can't wait until Michael and Mary come home from college to see their now perfect bathroom!

Diane Odbert, Fort Collins, Colorado

Alzheimer's Advice

I am concerned that "Protect Yourself from Alzheimer's Disease" gives the mistaken impression that Alzheimer's, like some forms of cancer, can actually be beat (Health Digest). I developed Alzheimer's at age 50 and was engaged in all the activities that Dr. Small believes help protect people from Alzheimer's. I was a physically active, intellectually engaged college instructor when I first developed symptoms. Should the impression be given that this terrible disease can be prevented? Based on personal experience, I don't think so.

Kathleen Hart, Longview, Texas

I thought I was starting to show signs of Alzheimer's when I read your article. The subtitle advised me to follow "three simple steps that can keep your mind sharp,"

yet four steps were actually listed: Get some exercise, stretch your mind, feed your brain, and manage your stress. I guess I should take heed. *Jared Vanderhoff,* Highland, Utah

Editor's note: We think you're fine, but our math skills need a tune-up!

Holiday Cheers, Jeers

I enjoyed reading "The Year in Happy Endings," but a warning at the end of "Snow Angel" would have been a public service to all drivers: Do not use cruise control on wet or icy roads. As happened to Jamie Carrion, who luckily survived the crash, along with her children, cruise control can make a vehicle accelerate and then hydroplane, which can be very dangerous.

Stephen Joachim, Roseville, Minnesota

Your holiday and "miracle" stories this year were near total disappointments. Some seemed contrived or fell flat; others were totally pointless.

Mary McMahon, Elkins, West Virginia

Hunger Tip

To add to the compendium of advice in "Health, the Reader's Digest Version," the best healthy-eating tip I have ever heard—easy and no excuses: "If you aren't hungry enough to eat an apple, you aren't hungry!"

Sharon Hayden Wells, Colorado Springs, Colorado

No Jabberwocky

The quote attributed to George Harrison ("If you don't know where you are going, any road will take you there") should be more accurately credited to Lewis Carroll (Quotes). It's part of a dialogue between the Cheshire Cat and Alice in *Alice's Adventures in Wonderland.*

John Whitley, Panama City, Florida

Editor's note: It's not an actual quote from Alice's Adventures in Wonderland *but is similar in message to the exchange between Alice and the cat. This specific quote is from "Any Road," a song on George Harrison's last album,* Brainwashed.

LET'S STAY IN TOUCH!

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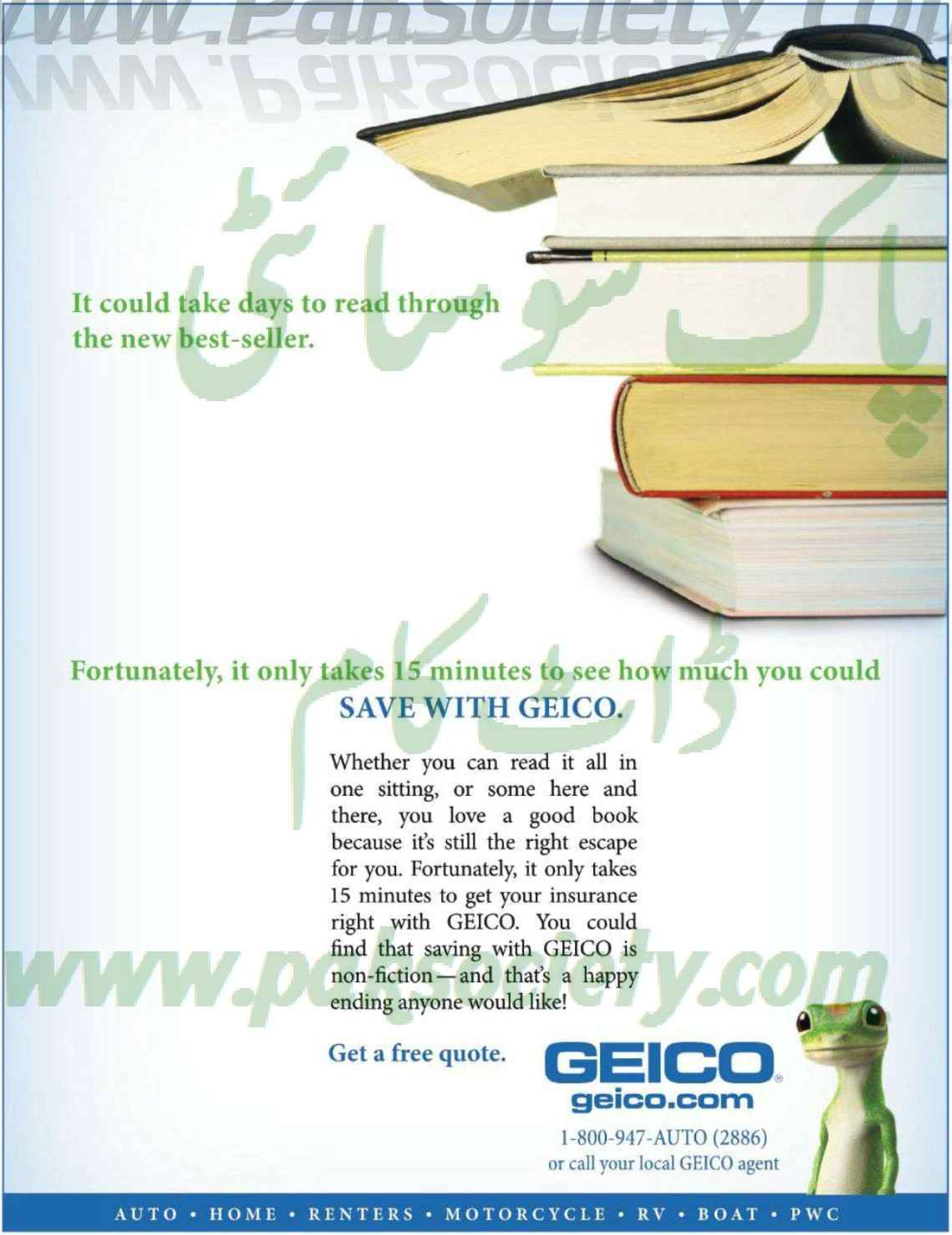

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The Digest

Simply Put

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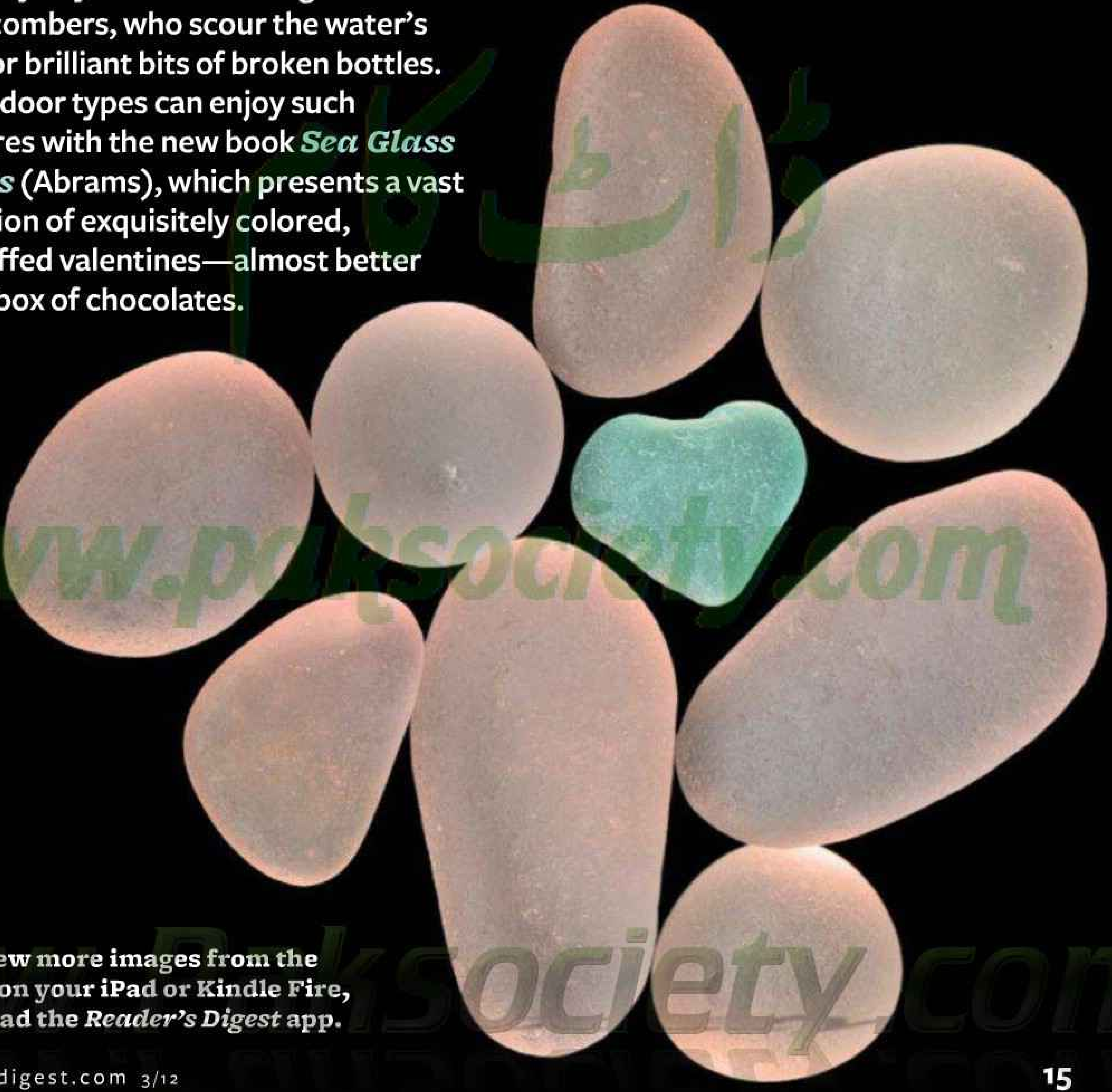
Hearts of Glass

The chilly days of winter bring out serious beachcombers, who scour the water's edge for brilliant bits of broken bottles. Now indoor types can enjoy such treasures with the new book ***Sea Glass Hearts*** (Abrams), which presents a vast collection of exquisitely colored, sea-buffed valentines—almost better than a box of chocolates.



COURTESY JOSIE ISELIN

To view more images from the book on your iPad or Kindle Fire, download the *Reader's Digest* app.

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Tasty Trends Not to Miss

Your guide to this year's best bites in cooking, eating, drinking, and grocery shopping

BY LAUREN GNIAZDOWSKI

OUT: PIES
IN: DOUGHNUTS

Last year, pies stole the King Dessert crown from cupcakes. However, the James Beard Foundation predicts that doughnuts will soon reign as the supreme sweet. Expect to see variations on the American doughnut we know and love—like the fruit-filled Texan *kolache*—plus delicious versions from other countries, such as the honey-bathed, cinnamon-dipped Turkish *lokma*.

OUT: FOOD TRUCKS
IN: BRICK-AND-MORTAR SHOPS

Food trucks lined streets across America in 2011—but the novelty and cool factor has worn off as mainstream chains like Applebee's have established their own trucks, reports huffingtonpost.com. So in 2012, look for edgy and original mobile eateries to set up permanent locations—just like Mexicue in New York City and Kogi BBQ in Los Angeles County.

OUT: COCKTAIL SHAKERS
IN: COCKTAILS ON TAP

The tap is no longer just for beer as restaurants introduce cocktail kegs. They're time-savers, which will speed up service, and are consistent, which means you'll get the same delicious cocktail with every pour. One popular cocktail on tap: the Negroni, a mix of gin, sweet vermouth, and Campari. *Food & Wine* likes

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Fried chicken gets a super-spicy, super-crispy Korean makeover. Mac and cheese will get exciting add-ins like *chicharrónes* (fried pork rinds). And crowd pleasers like guacamole will get a boost from fiery wasabi.

OUT: CLIPPING COUPONS
IN: CLICKING COUPONS

At least $1.2 billion worth of digital coupons were issued in 2010—and we can expect that number to grow, notes Phil Lempert, a food marketing expert and founder of supermarket guru.com. So in addition to online coupons, Lempert says, there'll be cool new paperless ways to save. Look for QR codes, bar codes that you scan using your phone's camera, and Google wallet, a virtual wallet that lets you pay using your phone. These and other smart-phone apps will push electronic coupons and digital offers right into the hands of consumers for a high-tech, big-savings shopping experience.

Jasper's Corner Tap & Kitchen in San Francisco for its keg full of this classic. Also look out for Dark & Stormies made with Gosling's dark rum at El Cobre in New York City.

OUT: CLASSIC COMFORT FOOD
IN: UPSCALE COMFORT FOOD

The resurgence of nostalgic dishes like macaroni and cheese and fried chicken has grown tired, says food consultant Michael Whiteman in the Salt blog. So expect to see the everyday become a little more gourmet.

OUT: COOKING BLOGS
IN: COOKING VIDEOS

Foodchannel.com predicts the rise of the YouTube chef in 2012. Written blog posts will take a backseat to self-produced cooking videos featuring the kitchen wisdom and expertise of home cooks and chefs of all niches. So if you're looking for a quick recipe from a native Italian or an instructional video on how to core a pineapple, check the Internet for helpful—and free!—cooking advice and demonstrations.

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COOKBOOKS

Prepare the Perfect Egg

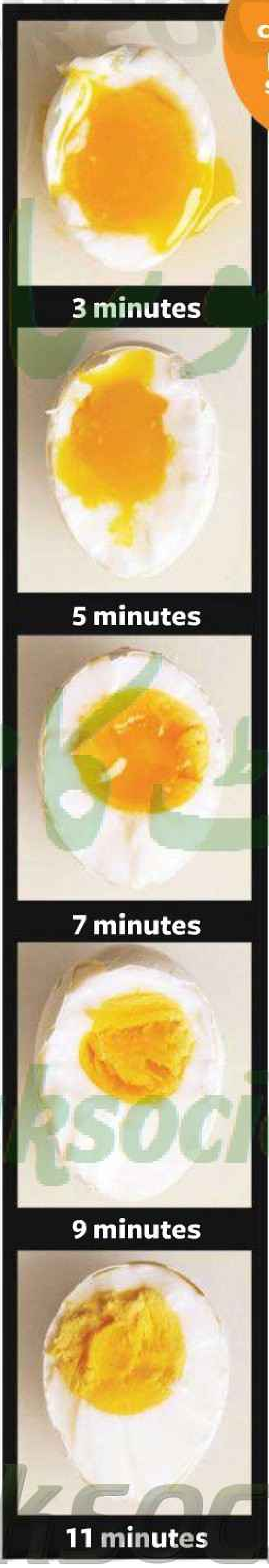
FROM ***How to Cook Everything: The Basics*** **by Mark Bittman** (Wiley, $35)

Do you know the proper way to boil an egg? Don't be so sure. Bittman shows us that technique and timing are crucial to getting it right.

COVER 'EM, COOK 'EM & COOL 'EM

Choose a pot that will comfortably hold all the eggs you want to cook, add the eggs, and then add enough cold water to cover them by two inches. Put the uncovered pot over medium-high heat and bring it to a boil; turn off the heat and cover. (See right to figure out how many minutes to leave them.)

If you're making hard-boiled eggs, cooling the eggs quickly after boiling helps prevent the yolk from developing a harmless (but not too pretty) green ring. Fill a medium bowl with lots of ice and some water. After the eggs steep, transfer them to the ice bath and let sit for a minute or so. Then eat right away or refrigerate for up to a week or two. To serve, crack egg gently on all sides, peel, and sprinkle with salt and pepper.



For what Bittman considers the perfect egg, shoot for six minutes.

IS IT DONE YET?

Eggs cook in a flash. Check out the difference a minute makes.

3-Minute Soft-Boiled Egg The yolk is completely runny and barely warm and the white still slightly liquid. If you want the white very soft but no longer liquid, let it go to four minutes.

5-Minute Soft-Boiled Egg You'll get a cooked but runny yolk with some soft white.

7-Minute Medium-Boiled Egg The white will be fully cooked and almost solid, but some of the yolk may have hardened.

9-Minute Hard-Boiled Egg Firm but not quite dry yolk and white.

11-Minute Hard-Boiled Egg Still edible but a little chalky—best for chopping into salads.

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HERO FOOD

Tea

Research shows that tea drinkers can enjoy greater protection from heart disease, cancer, and stress, no matter what type of brew they choose. Experts say the antioxidants in tea leaves confer major health benefits. That's why we admire how these creative cooks went beyond the cup to find tasty ways to meld tea with their appetizers, meals, and desserts:

Flavonoids in tea make it a healthy addition to meals.

- **Steep in soup.** Krissy Fulton of the food blog Make It Naked steeps four to six green tea bags in chicken broth for five to eight minutes for an Asian-inspired infusion.
- **Bread chicken.** Season chicken with tea leaves as you would salt, pepper, and other spices before dredging in flour and pan-frying. Finecooking.com suggests a black tea called lapsang souchong for its smoky, bold flavor.
- **Spice up cookie batter.** Faith Durand of thekitchn.com adds one tablespoon of finely ground Earl Grey into a basic sugar cookie recipe. Almost any type of tea, from green to masala chai, will work.

THE WORLD'S SHORTEST RECIPE

Caramel Scotch Pancakes:

2cups flour, 2tsp baking powder, ¼cup crème fraîche or yogurt, 4eggs, 1cup Carnations caramel sauce. Mix and fry.

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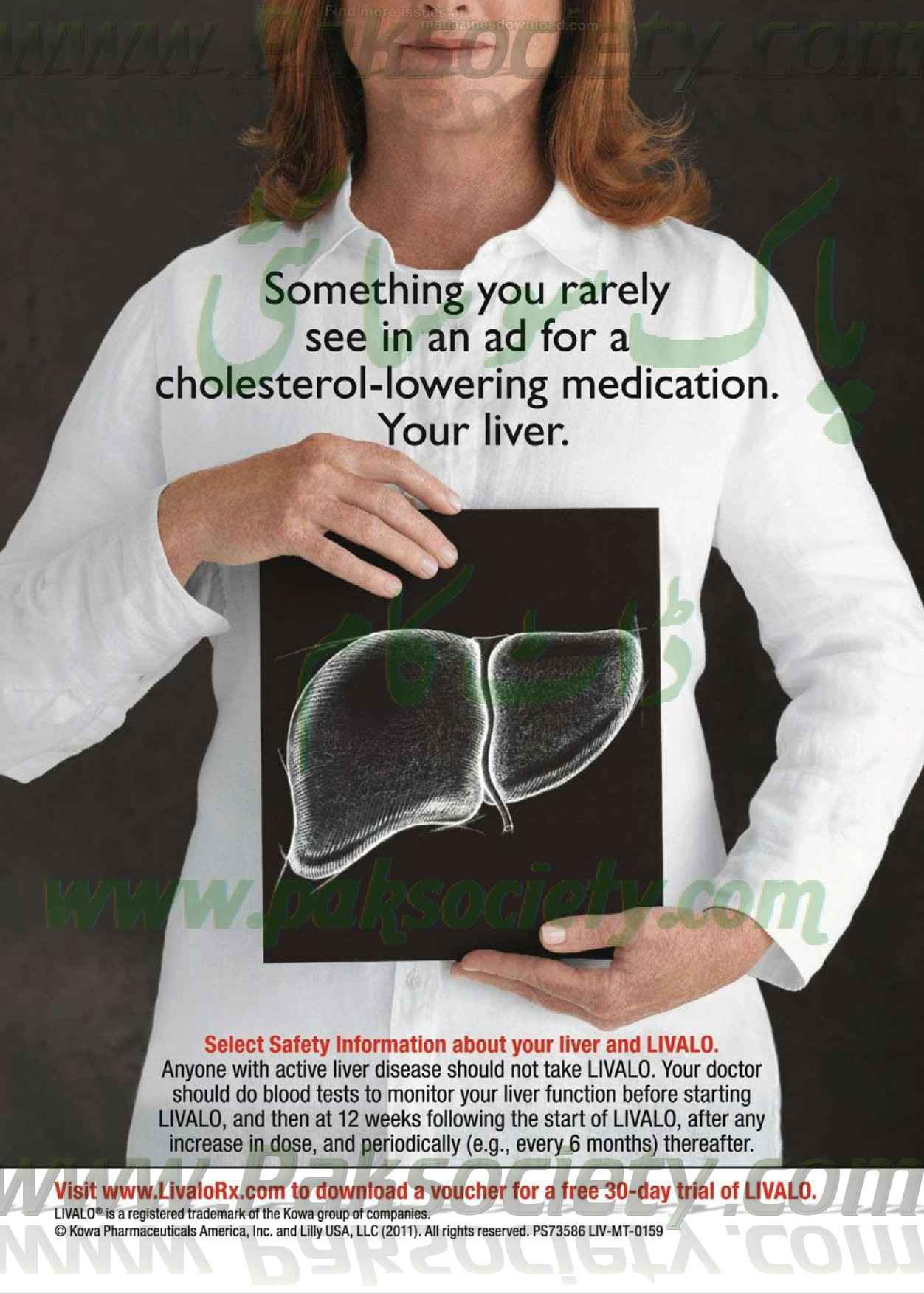

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You might be aware that cholesterol is made in the liver. But did you know approximately 75% of all drugs processed in the body share a common metabolic pathway in the liver? When drugs that share this pathway are taken together or with other drugs that affect this pathway, a drug interaction may occur.

LIVALO® (pitavastatin) reduces your cholesterol, but it's not dependent on this pathway in order to be processed. Why is this important? Because knowing how drugs are processed in the body may help avoid certain interactions.

To learn more about potential drug interactions that may occur with LIVALO or other medications, talk to your doctor and ask whether LIVALO may be right for you.

What is LIVALO?

- LIVALO is a prescription medicine that, along with diet, has been approved for the treatment of high cholesterol. LIVALO has not been studied to evaluate its effect on reducing heart-related disease or death.

Drug Interactions with LIVALO

- If you are taking cyclosporine, you should not take LIVALO.
- Caution should be taken when using LIVALO in combination with other cholesterol drugs like niacin and fibrates, as this may increase your risk of serious muscle problems.
- Some drugs, like erythromycin and rifampin, may lead to drug interactions requiring a lower maximum daily dose of LIVALO, when used in combination.

Important Safety Information for LIVALO® (pitavastatin) Tablets

Who should NOT take LIVALO?

LIVALO is not right for everyone, including:

- Those who have had an allergic reaction to LIVALO
- Anyone with active liver disease
- Women who are nursing, pregnant, or who may become pregnant
- Anyone currently taking cyclosporine

What should I talk to my doctor about?

- If you take LIVALO, tell your doctor right away if you experience any unexplained muscle pain, tenderness, or weakness, particularly if accompanied by fever or a general feeling of discomfort. This could be a sign of a rare but serious side effect.
- Your doctor should do blood tests to monitor your liver function before starting LIVALO, and then at 12 weeks following the start of LIVALO, after any increase in dose, and periodically (e.g., every 6 months) thereafter.
- Please talk to your doctor about your alcohol use.
- Tell your doctor about all the medications you take including nonprescription medicines, vitamins, or herbal supplements.

What are the most common side effects of LIVALO?

The most common side effects of LIVALO in clinical studies were:

- Back pain
- Constipation
- Diarrhea
- Muscle pain
- Pain in the legs or arms

This is not a complete list of side effects.

Other Important Information about LIVALO

- LIVALO has not been studied to evaluate its effect on reducing heart-related disease or death.
- LIVALO is available by prescription only.

Please see the accompanying Brief Summary or the Full Prescribing Information available at www.LivaloRx.com.

PS73370 LIV-RA-0032 8/2011

What else should I know about LIVALO?

- LIVALO can be taken with or without food. It's even okay to continue drinking grapefruit juice.
- LIVALO is available in 1-mg, 2-mg, and 4-mg doses.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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LIVALO® (pitavastatin) tablets (LIV-ah-lo) – Consumer Brief Summary Information.

Information for Patients about LIVALO® (pitavastatin) tablets:

Please read this information carefully before you, or your family member, start taking LIVALO and each time your prescription is refilled in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about LIVALO. Always follow your healthcare provider's instructions for taking LIVALO.

What is LIVALO?

- LIVALO is a prescription medicine that belongs to a group of cholesterol-lowering medicines called "statins".
- LIVALO, along with diet, lowers, total cholesterol, "bad" cholesterol (LDL-C) and triglycerides. It can also raise "good" cholesterol (HDL-C).
- The effect of LIVALO on cardiovascular morbidity and mortality has not been determined.

What is the most important information I should know about LIVALO?

- Muscle Problems called myopathy and rhabdomyolysis may occur at any time. Muscle problems may increase with higher doses, as you get older, with kidney or some thyroid problems, and when LIVALO is used with some other medications.
- Liver tests may become abnormal. Your doctor should do liver tests before you start and while you are taking LIVALO.

Who should NOT take LIVALO?

- Anyone known to be allergic or hypersensitive to LIVALO or any of its ingredients.
- Anyone who has active liver problems, this may include some unexplained, abnormal liver test results.
- Women who are pregnant or may become pregnant, or are nursing mothers.
- Anyone who is taking cyclosporine.

What are the possible side effects of LIVALO?
Serious side effects may include:

- **Muscle problems** may be an early sign of a rare problem that could lead to serious kidney problems.
  Call your doctor right away if you have any unexplained muscle pain, tenderness, or weakness, particularly if accompanied by fever or a general feeling of discomfort.
- **Liver problems** may occur. Your doctor should do liver tests before you start and while you are taking LIVALO.

Common side effects include:

- Back pain
- Constipation
- Diarrhea
- Muscle aches and pains
- Pain in the legs or arms

This is not a complete list of side effects of LIVALO. Talk to your health care professional for a complete list.

Can other medications affect your treatment with LIVALO?

Yes, other medications may affect LIVALO, you should consult with your doctor if you take any of the following:

- Erythromycin
- Rifampin
- Other drugs for high cholesterol (i.e., fibrates, niacin)

What should I tell my doctor before taking LIVALO?

Tell your doctor if you:

- are allergic to LIVALO or any of its ingredients (You may get a full list of ingredients from your doctor or pharmacist.)
- are pregnant, think you are pregnant, are planning to become pregnant, or are breast-feeding.
- are having or have been told you have active liver or kidney disease.
- are taking other medications. Discuss all medication, both prescription and over-the-counter, with your doctor.
- consume alcoholic beverages.

How should I store and take LIVALO?

- Store LIVALO at room temperature, in a dry place, protected from light, and keep out of the reach of children.
- LIVALO can be taken at any time of day, with or without food.
- Swallow the tablet whole. Do not split, crush, dissolve, or chew.
- If you take too much LIVALO or you or someone else takes an overdose, call your doctor and/or local Poison Control Center.

The information provided is not complete. Please see the Full Prescribing Information available at www.LivaloRx.com.

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Kowa Lilly

LIVALO® (pitavastatin) tablets
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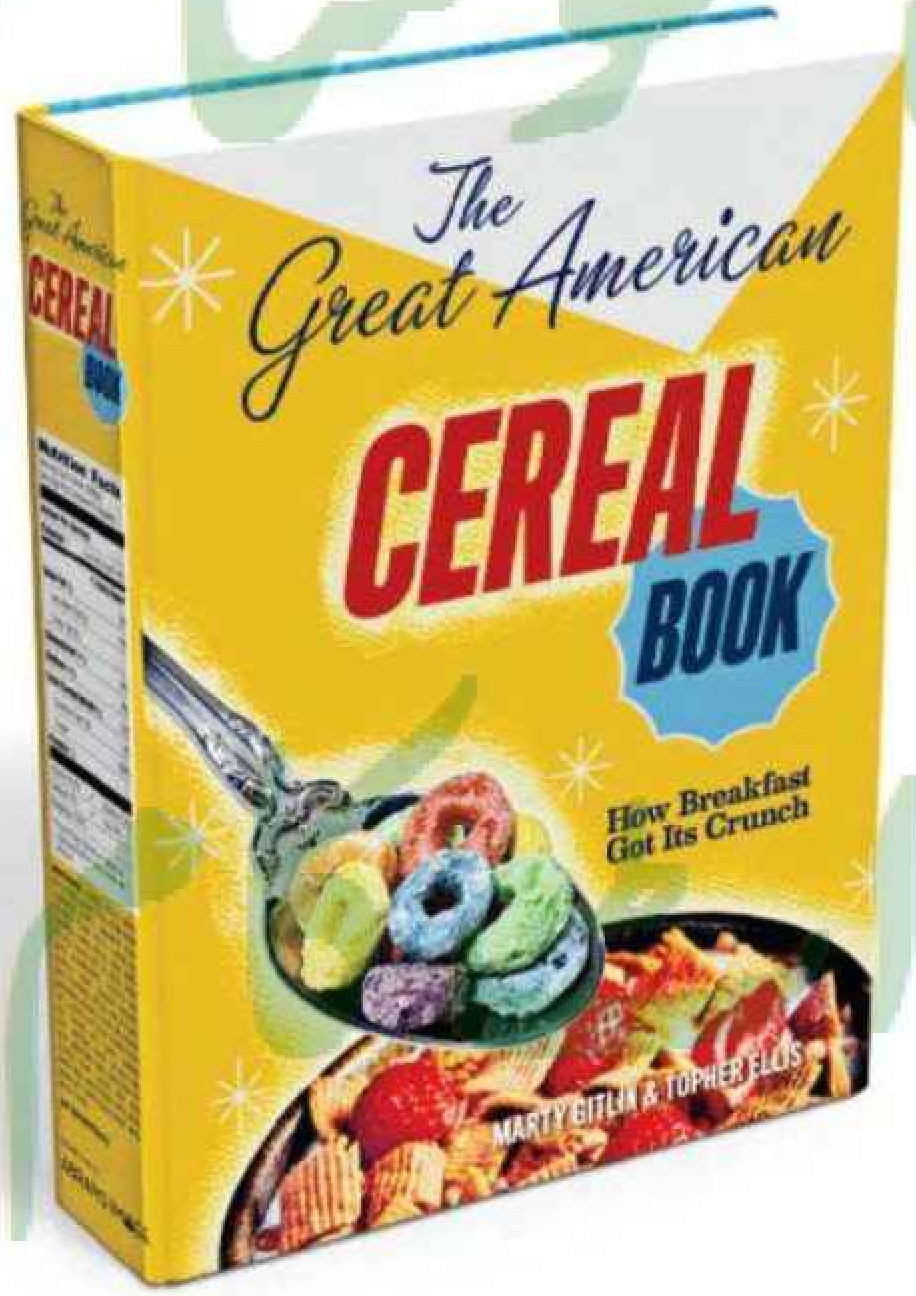
THE QUIZ

Name That Cereal!

America's most popular breakfast item offers a fun, quirky view of our country's history, innovation, and ideas about health. Take our quick quiz (dare we call it the Great Cereal Bowl?).

ADAPTED FROM ***The Great American Cereal Book*** **(Abrams Image, $19.95)**



1) Which slogan is considered the most memorable?

a. Cap'n Crunch: "Stays crunchy ... even in milk."
b. Wheaties: "The breakfast of champions."
c. Frosted Flakes: "They're GR-R-REAT!"
d. Kix: "Kid tested, mother approved."

2) Who was the first athlete to appear on a Wheaties box?

a. Bruce Jenner
b. Mary Lou Retton
c. Michael Jordan
d. Lou Gehrig

3) What was the first fruit-flavored cereal?

a. Trix
b. Fruity Pebbles
c. Fruit Loops
d. Strawberry Shortcake

4) Which doctor, who preached the wonders of a healthy diet, invented the first ready-to-eat cold breakfast cereal? (Hint: It was called Granula.)

a. Robert Atkins
b. James Caleb Jackson
c. John Kellogg
d. Mehmet Oz

5) What special equipment was created and patented by Dr. Alexander P. Anderson to make Puffed Rice (a precursor to puffed-corn cereals like Kix)?

a. an air gun
b. a tire pump
c. a steam pump
d. a conveyor belt

6) Which cereal below was created before 1900?

a. Grape-Nuts
b. Shredded Wheat
c. Toasted Corn Flakes
d. all of the above

7) What was the first certified organic cereal on the market?

a. Corn Flakes
b. Sunrise
c. Rice Crispies
d. Shredded Wheat

ANSWERS: 1) c. This slogan has been used for 60 years. **2) d.** The baseball player graced the box in 1934. **3) a.** Trix was introduced in 1954. **4) b.** Jackson created the ready-to-eat stuff with just flour and water. **5) a.** Puffed Rice was made with the air gun. **6) d.** The birth of ready-to-eat cereals started in the mid- to late-1800s. **7) b.** This sweetened corn cereal was on the market from 1999 to 2001.

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Blooms for Every Room

Turn gardening on its head with three dreamy ways to display wallflowers

BY ALISON CAPORIMO

1 GLASS BUBBLES

Give your garden a new way to bask in the sun and earn some spotlight as instant home decor. Pop a cactus or a few air plants in glass baubles and suspend them over the dinner table or in the living room for a hint of whimsy.

Shane Powers Hanging Glass Bubbles from West Elm, $9 to $34 (top). DIY Panel from Flora Grubb, $79 (right).

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2 DIY PANEL

For a living work of modern art, stick a colorful assortment of succulents into the small pockets of a DIY planter panel and hang it on a patio wall.

Thigmotrope Satellite Fleet from Flora Grubb, $40 for a set of three or $75 for a set of six.

3 PLANT ANCHORS

To make a rain forest that's just the right size, screw tiny plant anchors into a wall. The nail-size holders have three small legs that can cradle curly tillandsia air plants. Pepper them along a headboard, festoon a kitchen backsplash, or spruce up a pair of sun-drenched shutters.

COURTESY FLORA GRUBB

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GREAT IDEA

Bag of Tricks

Seven ingenious ways to use plastic baggies

Keep your iPad dry. Place your iPad in a jumbo-size bag to protect it from accidental spritzes and sprays, whether you're in the kitchen or at the beach. You can still tap through the plastic.

Wipe away wax. Remove candle wax from a tablecloth, carpet, or couch by gently rubbing the spot with a plastic bag filled with ice cubes until it hardens. Then gently tap the splotch with a hammer and vacuum the chips.

Soothe your sinews. Pour rice into a microwavable bag, heat for two minutes, and then seal and apply to achy muscles.

Banish shower scum. Fill a bag with some white vinegar, and use a rubber band to secure it around a mildewed showerhead. Leave overnight and let the vinegar do the work.

Drop in some dough. Knead your next batch of bread without getting fingers sticky.

Avoid cord confusion. Toss cords and chargers into separate bags before placing in a drawer to prevent tangles.

Store soup. Fill bags with liquid leftovers and lay flat in the freezer; stack frozen bags like books to save space.

PHOTOGRAPHED BY SAM KAPLAN

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HOW TO

Cut Your Energy Bill in Half!

Work these simple eco-friendly tips into your daily routine and save a bundle

1) Heat food in your toaster oven—it uses up to 50 percent less energy than a full-size oven.

2) Opt for white window shades during warmer weather and keep them closed during the day to reflect the sun's heat away from your house.

3) Store refrigerated food and beverages in closed containers; if left uncovered, they release moisture and overburden the appliance's compressor.

4) Choose an Energy Star–compliant computer, which uses 70 percent less electricity than a nondesignated model.

5) Place lamps and TVs far away from thermostats so the heat given off doesn't cause air-conditioning systems to run longer than they need to.

POWER-SAVVY THERMOSTAT

Reader's Digest scoured the vast market of energy-saving products to zero in on the one that would fit the bill when it came to saving money and, ultimately, the planet. We have a winner. Going green with the **Nest Learning Thermostat** ($249, nest.com) is probably easier than getting your kids to turn down the AC. After just a week of tracking your temperature adjustments, the tool will analyze usage patterns and teach you how to save money. The efficient Auto-Away feature automatically lowers cooling and heating systems when no one is home, and the Energy History displays how much juice you use every day. For ultimate climate control, tap the app to remotely tweak the temp from anywhere in the world.

THE SCREEN SAVER MYTH

Computer screen savers don't cut energy use! Enable the auto sleep mode or turn off the monitor for eco-friendly operation.

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پاک سوسائٹی

DOES BREATHING WITH

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If you have COPD (chronic obstructive pulmonary disease), which includes chronic bronchitis and emphysema, you know how difficult it can be to breathe. SPIRIVA can help you breathe better, and is the only once-daily inhaled treatment that does all of the following:

- **Helps control COPD symptoms by keeping airways open for a full 24 hours**
- **Helps reduce COPD flare-ups**
- **Is steroid-free**

While nothing can reverse COPD, SPIRIVA relaxes your airways to help you breathe better. Talk to your doctor about lifestyle changes and SPIRIVA.

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IMPORTANT SAFETY INFORMATION

Do not use Spiriva® HandiHaler® if you are allergic to tiotropium or ipratropium (e.g., Atrovent®) or any of the ingredients in SPIRIVA. If your breathing suddenly worsens, your face, throat, lips, or tongue swells, you get hives, itching or rash, stop taking SPIRIVA and seek immediate medical help.

SPIRIVA HandiHaler is not a rescue medicine and should not be used for treating sudden breathing problems.

Do not swallow SPIRIVA capsules. The contents of the capsule should only be inhaled through your mouth using the HandiHaler device.

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Please see Important Safety Information on following pages.

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COPD WEIGH YOU DOWN?

If you have vision changes or eye pain or if you have difficulty passing urine or painful urination, stop taking SPIRIVA and call your doctor right away.

Tell your doctor if you have glaucoma, problems passing urine or an enlarged prostate, as these may worsen with SPIRIVA. Tell your doctor if you have kidney problems or are allergic to milk proteins. Ask your doctor if you are not sure. Also discuss with your doctor all the medicines you take, including eye drops.

The most common side effect with SPIRIVA is dry mouth. Others include constipation and trouble passing urine. For a complete list of reported side effects, ask your doctor or pharmacist.

INDICATION

SPIRIVA HandiHaler is a prescription medicine used once each day (a maintenance medicine) to control symptoms of COPD by relaxing your airways and keeping them open. SPIRIVA HandiHaler also reduces the likelihood of flare-ups and worsening of COPD symptoms (COPD exacerbations).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Ask your doctor about breathing better with SPIRIVA.
Learn more at SPIRIVA.COM, or call 1-877-SPIRIVA.

BREATHING WITH COPD IS NO SMALL THING.

Once-Daily
SPIRIVA® HandiHaler®
(tiotropium bromide inhalation powder)

SV150201CONS/SAR00800C

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PATIENT INFORMATION

SPIRIVA® (speh REE vah) HandiHaler® (tiotropium bromide inhalation powder)

Do NOT swallow SPIRIVA capsules.

Important Information: Do not swallow SPIRIVA capsules. SPIRIVA capsules should only be used with the HandiHaler device and should only be inhaled through your mouth (oral inhalation).

Read the information that comes with your SPIRIVA HandiHaler before you start using it and each time you refill your prescription. There may be new information. This leaflet does not take the place of talking with your doctor about your medical condition or your treatment.

What is SPIRIVA HandiHaler?

- SPIRIVA HandiHaler is a prescription medicine used each day (a maintenance medicine) to control symptoms of chronic obstructive pulmonary disease (COPD), including chronic bronchitis and emphysema.
- SPIRIVA HandiHaler helps make your lungs work better for 24 hours. SPIRIVA HandiHaler relaxes your airways and helps keep them open. You may start to feel like it is easier to breathe on the first day, but it may take longer for you to feel the full effects of the medicine. SPIRIVA HandiHaler works best and may help make it easier to breathe when you use it every day.
- SPIRIVA HandiHaler reduces the likelihood of flare-ups and worsening of COPD symptoms (COPD exacerbations). A COPD exacerbation is defined as an increase or new onset of more than one COPD symptom such as cough, mucus, shortness of breath, and wheezing that requires medicine beyond your rescue medicine.

SPIRIVA HandiHaler is not a rescue medicine and should not be used for treating sudden breathing problems. Your doctor may give you other medicine to use for sudden breathing problems.

It is not known if SPIRIVA HandiHaler is safe and effective in children.

Who should not take SPIRIVA HandiHaler?

Do not use SPIRIVA HandiHaler if you:

- are allergic to tiotropium, ipratropium (Atrovent®), or any of the ingredients in SPIRIVA HandiHaler. See the end of this leaflet for a complete list of ingredients in SPIRIVA HandiHaler.

Symptoms of a serious allergic reaction to SPIRIVA HandiHaler may include:

- raised red patches on your skin (hives)
- itching
- rash
- swelling of the face, lips, tongue, and throat that may cause difficulty in breathing or swallowing

If you have these symptoms of an allergic reaction, stop taking SPIRIVA HandiHaler and call your doctor right away or go to the nearest hospital emergency room.

What should I tell my doctor before using SPIRIVA HandiHaler?

Before taking SPIRIVA HandiHaler, tell your doctor about all your medical conditions, including if you:

- have kidney problems.
- have glaucoma. SPIRIVA HandiHaler may make your glaucoma worse.
- have an enlarged prostate, problems passing urine, or a blockage in your bladder. SPIRIVA HandiHaler may make these problems worse.
- are pregnant or plan to become pregnant. It is not known if SPIRIVA HandiHaler could harm your unborn baby.
- are breast-feeding or plan to breast-feed. It is not known if SPIRIVA HandiHaler passes into breast milk. You and your doctor will decide if SPIRIVA HandiHaler is right for you while you breast-feed.
- have a severe allergy to milk proteins. Ask your doctor if you are not sure.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines and eye drops, vitamins, and herbal supplements. Some of your other medicines or supplements may affect the way SPIRIVA HandiHaler works. SPIRIVA HandiHaler is an anticholinergic medicine. You should not take other anticholinergic medicines while using SPIRIVA HandiHaler, including ipratropium. Ask your doctor or pharmacist if you are not sure if one of your medicines is an anticholinergic.

Know the medicines you take. Keep a list of your medicines with you to show your doctor and pharmacist when you get a new medicine.

How should I take SPIRIVA HandiHaler?

- Use SPIRIVA HandiHaler exactly as prescribed. Use SPIRIVA HandiHaler one time every day.
- Read the "Instructions for Use" that comes with your prescription before you use SPIRIVA HandiHaler. Talk with your doctor if you do not understand the instructions.
- **Do not swallow SPIRIVA capsules.**
- **Only use SPIRIVA capsules with the HandiHaler device.**
- **Do not use the HandiHaler device to take any other medicine.**
- SPIRIVA HandiHaler comes as a powder in a SPIRIVA capsule that fits the HandiHaler device. Each SPIRIVA capsule, containing only a small amount of SPIRIVA powder, is one full dose of medicine.
- Separate one blister from the blister card. Then take out one of the SPIRIVA capsules from the blister package right before you use it.
- After the capsule is pierced, take a complete dose of SPIRIVA HandiHaler by breathing in the powder by mouth two times, using the HandiHaler device (take 2 inhalations from one SPIRIVA capsule). See the **Instructions for Use** that comes with your prescription.
- Throw away any SPIRIVA capsule that is not used right away after it is taken out of the blister package. Do not leave the SPIRIVA capsules open to air; they may not work as well.

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- If you miss a dose, take it as soon as you remember. Do not use SPIRIVA HandiHaler more than one time every 24 hours.
- If you use more than your prescribed dose of SPIRIVA HandiHaler, call your doctor or a poison control center.

What should I avoid while using SPIRIVA HandiHaler?

- Do not let the powder from the SPIRIVA capsule get into your eyes. Your vision may get blurry and the pupil in your eye may get larger (dilate). If this happens, call your doctor.
- SPIRIVA HandiHaler can cause dizziness and blurred vision. Should you experience these symptoms you should use caution when engaging in activities such as driving a car or operating appliances or other machines.

What are the possible side effects of SPIRIVA HandiHaler?

SPIRIVA HandiHaler can cause serious side effects, including: Allergic reaction. Symptoms may include:

- raised red patches on your skin (hives)
- itching
- rash
- swelling of the lips, tongue, or throat that may cause difficulty in breathing or swallowing

If you have these symptoms of an allergic reaction, stop taking SPIRIVA HandiHaler and call your doctor right away or go to the nearest hospital emergency room.

- **Sudden narrowing and blockage of the airways into the lungs (bronchospasm).** Your breathing suddenly gets worse.

If you have these symptoms of bronchospasm, stop taking SPIRIVA HandiHaler and call your doctor right away or go to the nearest hospital emergency room.

- **New or worsened increased pressure in the eyes (acute narrow-angle glaucoma).** Symptoms of acute narrow-angle glaucoma may include:
  - eye pain
  - blurred vision
  - seeing halos (visual halos) or colored images along with red eyes

Using only eye drops to treat these symptoms may not work. If you have these symptoms, stop taking SPIRIVA HandiHaler and call your doctor right away.

- **New or worsened urinary retention.** Symptoms of blockage in your bladder and/or enlarged prostate may include: difficulty passing urine, painful urination.

If you have these symptoms of urinary retention, stop taking SPIRIVA HandiHaler and call your doctor right away.

Other side effects with SPIRIVA HandiHaler include:

- upper respiratory tract infection
- dry mouth
- sinus infection
- sore throat
- non-specific chest pain
- urinary tract infection
- indigestion
- runny nose
- constipation
- increased heart rate
- blurred vision

These are not all the possible side effects with SPIRIVA HandiHaler. Tell your doctor if you have any side effect that bothers you or that does not go away. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How do I store SPIRIVA HandiHaler?

- **Do not store SPIRIVA capsules in the HandiHaler device.**
- Store SPIRIVA capsules in the sealed blister package at room temperature between 68°F-77°F (20°C-25°C).
- Keep SPIRIVA capsules away from heat and cold (do not freeze).
- Store SPIRIVA capsules in a dry place. Throw away any unused SPIRIVA capsules that have been open to air.

Ask your doctor or pharmacist if you have any questions about storing your SPIRIVA capsules.

Keep SPIRIVA HandiHaler, SPIRIVA capsules, and all medicines out of the reach of children.

General information about SPIRIVA HandiHaler

Medicines are sometimes prescribed for purposes other than those listed in Patient Information leaflets. Do not use SPIRIVA HandiHaler for a purpose for which it has not been prescribed. Do not give SPIRIVA HandiHaler to other people even if they have the same symptoms that you have. It may harm them.

For more information about SPIRIVA HandiHaler, talk with your doctor. You can ask your doctor or pharmacist for information about SPIRIVA HandiHaler that is written for health professionals.

For more information about SPIRIVA HandiHaler, go to www.SPIRIVA.com or call Boehringer Ingelheim Pharmaceuticals, Inc. at 1-800-542-6257 or (TTY) 1-800-459-9906.

What are the ingredients in SPIRIVA HandiHaler?

Active ingredient: tiotropium

Inactive ingredient: lactose monohydrate

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13 Things Your Pediatrician Won't Tell You

BY MICHELLE CROUCH

1 Want to avoid the wait? **Schedule your appointment for the middle of the week,** and ask for the first time slot of the morning or right after lunch.

2 Even though studies show that antibiotics for ear infections are rarely better than watching and waiting for kids over age two, many of us prescribe them anyway. **We want to feel like we're doing something.** If I prescribe an antibiotic and a few days later your child feels better, I look like a genius.

3 Want to make vaccines less painful for your child? **Ask if you can breast-feed while we give your infant his shots.** Or if you have an older child, see if we can use cold spray or a numbing cream to decrease the pain.

4 **Don't ask if I'll take a "quick look" at the sibling** who doesn't have an appointment. If your mom went with you to the gynecologist,

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would you ever say, "Doc, would you mind putting her on the table and giving her a quick look?" Every patient deserves a full evaluation.

5 Sometimes we have less than ten minutes per patient, so make the most of your time and **ask about the most pressing problems first.** If you have a lot of questions, request an extra-long appointment.

6 Even though I tell you to let your baby cry himself back to sleep once he's older, **don't ask me if I always followed that advice with my own kids. I didn't.**

7 If you have an urgent concern and the front desk tells you there are no appointments available, ask for a nurse and explain your situation. **Often she can work you in even if the schedule indicates there's no time.**

8 Don't delay treating your child because you want me to see the symptoms. People do this a lot: "I didn't give him Tylenol, because I wanted you to feel the fever." "I didn't use the nebulizer, because I wanted you to hear the wheezing." Trust me, I will believe you that the child had a fever or was wheezing. **Delaying the treatment only makes your child suffer.**

9 As soon as you say "He doesn't like it when you look in his ears," you remind your child of the last time and set us up for another failure. **Be matter-of-fact: "It's time for the doctor to look in your ears."**

10 Sure, we have a "sick" waiting room and a "well" waiting room, but no studies show it really makes a difference. **Germs are everywhere,** and we can't disinfect after each patient. My advice? Bring your own toys, and if your child touches anything, give him a hit of hand sanitizer.

11 **Don't tell your kid the doctor will give him a shot if he doesn't behave.** I won't.

12 **Insurance companies won't pay us to check complex problems at a well visit.** So if your child has been complaining of headaches for months, I may tell you to make another appointment. I literally won't get paid if I investigate the headaches while you're here.

13 **Pediatricians are among the lowest-paid doctors,** making half as much as many specialists. We get pooped, peed, and thrown up on—and worse. But we love helping kids, and that's why we do it.

Sources: Pediatricians David L. Hill, MD, in Wilmington, North Carolina; Robert Lindeman, MD, in Framingham, Massachusetts; Allison Fabian, DO, in Grand Rapids, Michigan; Amanda Moran, MD, in Charlotte, North Carolina; Roy Benaroch, MD, author of *A Guide to Getting the Best Health Care for Your Child;* and a pediatrician in Virginia who preferred not to be named.

For more things your pediatrician won't tell you, go to rd.com/march.

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MEDICINE

Pills That Put on Weight

BY REGINA NUZZO

If you're gaining weight for no reason or having trouble losing it, check the contents of your medicine cabinet. Experts don't fully know why some drugs pack on pounds, says Louis Aronne, MD, a weight-loss expert at NewYork-Presbyterian/Weill Cornell Medical Center, but your doctor may be able to switch you to a different class or lower dose of a drug. Here, some common weight-gain-causing meds and their smart swaps.

DRUGS FOR	COULD CAUSE WEIGHT GAIN	SKINNY ALTERNATIVE	OUR EXPERT SAYS
Depression	SSRIs such as paroxetine (**Paxil, Pexeva**), citalopram (**Celexa**)	Bupropion (**Wellbutrin, Aplenzin**)	Some researchers believe SSRI-style drugs increase appetite. Antidepressants that affect dopamine, such as bupropion, may actually reduce hunger.
High blood pressure, coronary artery disease	Powerful beta-blockers such as metoprolol (**Lopressor**), atenolol (**Tenormin**)	Mixed alpha- and beta-blockers such as carvedilol (**Coreg**)	With the single-effect beta-blockers, it can be harder to lose weight, possibly because they reduce metabolic rate.
Allergies	The antihistamine diphenhydramine (**Benadryl, Alka-Seltzer Plus Allergy**)	Antihistamines loratadine (**Claritin**), cetirizine (**Zytrec**)	The alternatives contain different, less potent active chemicals, decreasing the chances that the drugs will boost appetite.
Insomnia	Diphenhydramine (in over-the-counter brands **Sominex, Unisom, Nytol**)	Zolpidem (in prescription **Ambien**)	Occasionally taking an over-the-counter sleep aid shouldn't cause weight gain; for every-night help, consider switching to prescription.

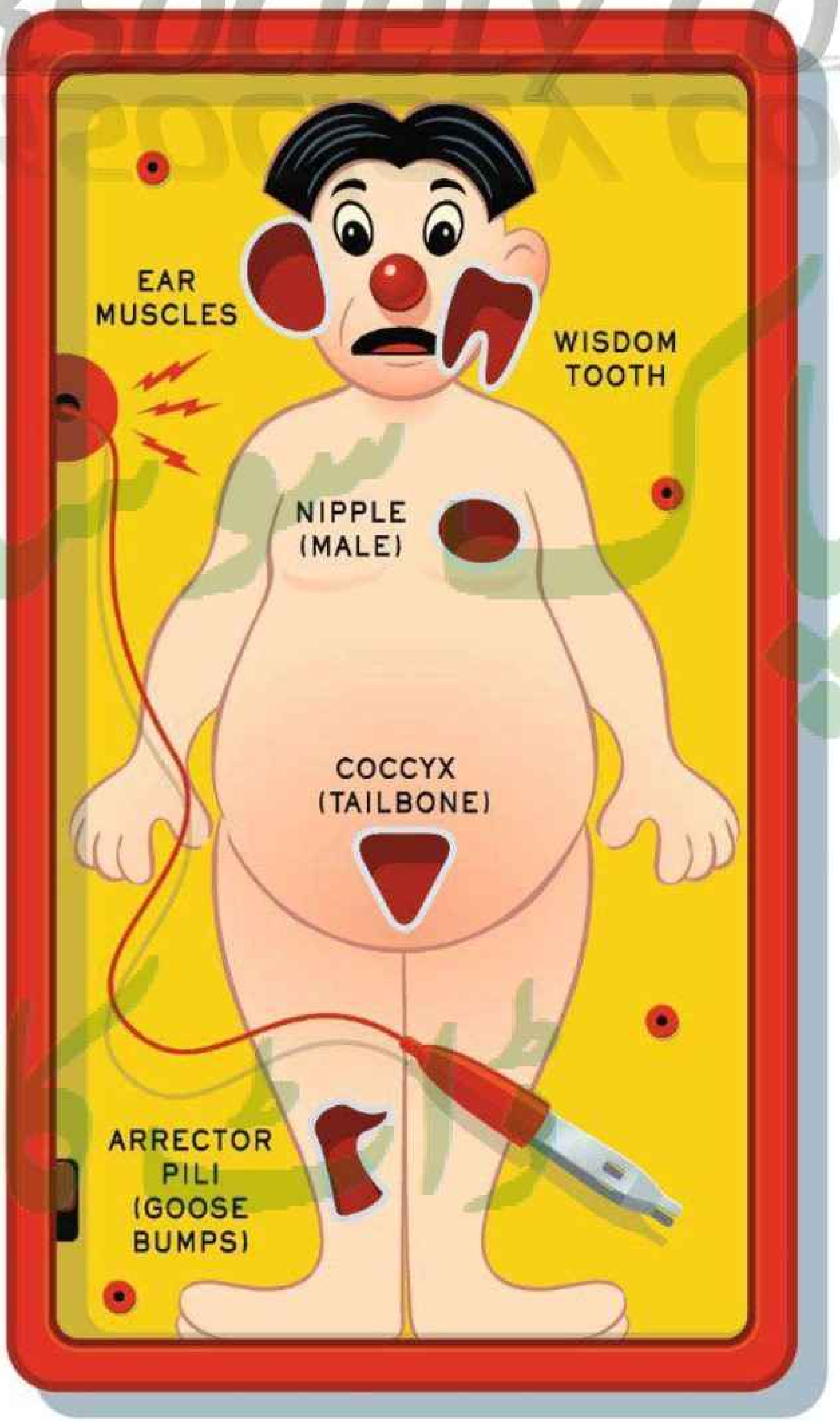
For more weight-gain-causing drugs and alternatives, go to rd.com/march.

WEIRD SCIENCE

FIVE BODY PARTS YOU MAY NOT NEED

BY ROBERT T. GONZALES

FROM io9.com



Talk about bizarre biology. According to experts, these muscles, bones, and tissues may have come in handy for our ancestors but serve little or no purpose today—and some even get us into trouble! Read on for a list of our oddest body parts.

COCCYX

It's not called the tailbone for nothing—the small bone at the base of the spine is the remnant of an actual tail. Nearly every mammal on earth had one at some point in its life, even if it was just in the womb. For humans, a taillike structure is still visible on an ultrasound between stages 14 and 22 of embryo development.

EAR MUSCLES

We have an entire group of ear muscles that our primate ancestors may have used for moving their ears like satellite dishes searching for a signal. For us, however, the muscles don't do much of anything—except serve as hours of entertainment for people who love to watch others wiggle their ears.

WISDOM TEETH

Wisdom teeth can act like unwanted houseguests—there's not much room for them, but they come into your personal space anyway, making things very uncomfortable. Discomfort sometimes escalates into severe pain, making you feel like you just took a punch to the jaw. >>

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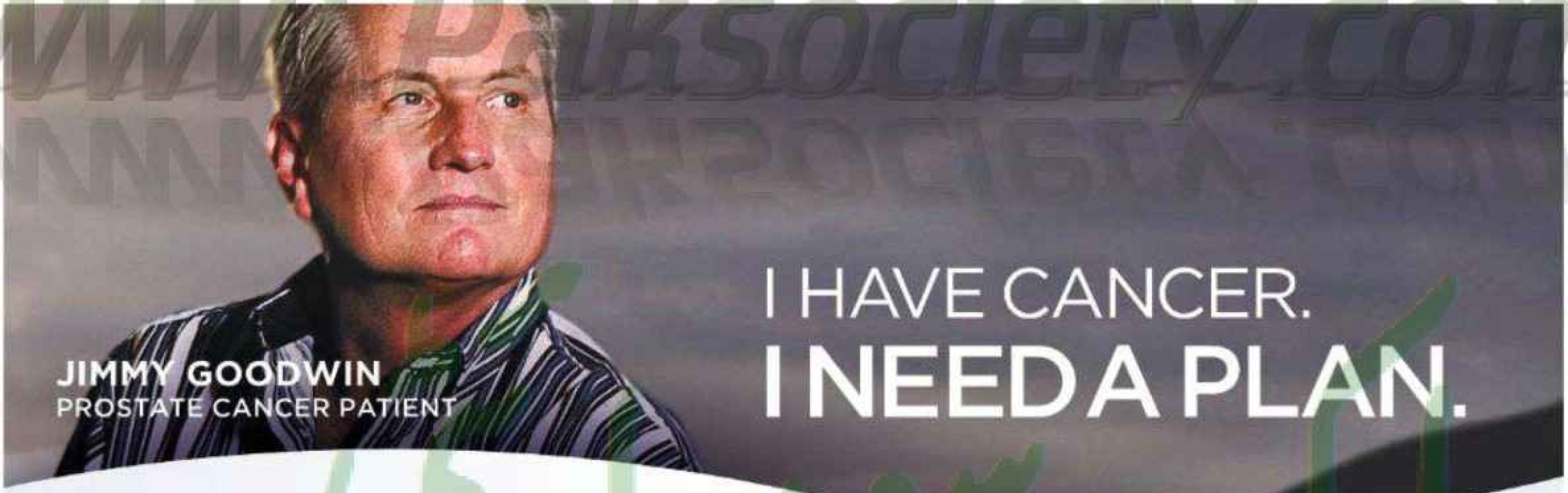

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Your CTCA Care Manager will organize your appointments with your entire care team. They're all under one roof at your CTCA hospital.

» A treatment plan designed just for you.
In keeping with our Patient Empowered Care® philosophy, CareEdge personalizes your treatment plan according to your specific needs.

» One all-inclusive price.
You'll know the cost of your diagnosis and treatment plan preparation in advance. Plus, you can use your Health Savings Account to pay.

» Our guarantee.*
If you don't have a treatment plan in five days, we'll provide a full refund.

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*Some exclusions apply. See Plan description for details.
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ARRECTOR PILI

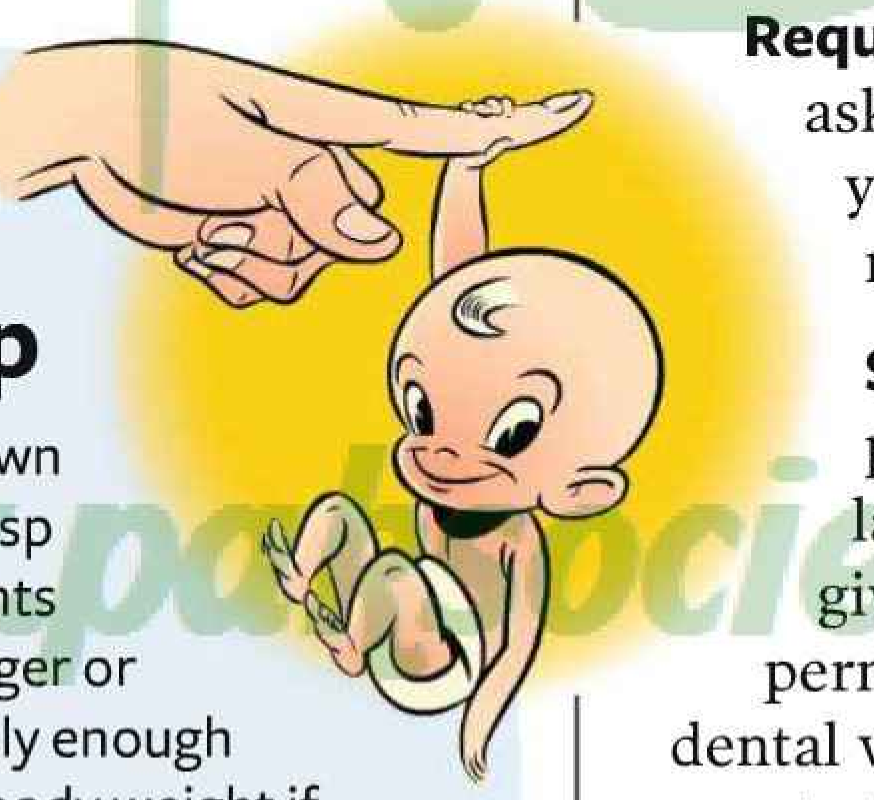
These smooth muscle fibers contract involuntarily to give you goose bumps. This reflex helps furry creatures retain heat—standing fur traps air between the erect hair follicles—but since most humans aren't that hairy, our arrector pili simply signal us to get a sweater.

MALE NIPPLES

Male nipples are most likely embryonic leftovers. All fetuses begin as females in the womb and start developing certain female body parts such as nipples. When a Y chromosome is present, the fetus produces testosterone and develops into a male, transforming body parts like nipples into mere decoration.

WHO KNEW?

Babies Get a Grip



Using what's known as the palmar grasp reflex, many infants can squeeze a finger or small object tightly enough to support their body weight if they were lifted. Experts think the reflex, which lasts until a baby is about six months old, may have originated with young primates who needed to hold tight to their mothers while they moved from branch to branch.

HOW TO

Save Money at the Dentist's Office

BY WALECIA KONRAD

An estimated 40 percent of Americans don't have dental insurance, and those who do often pay a hefty portion of the bill out of pocket. These tips can help drill down the costs.

Try a dental school. Dental students supervised by professionals can do almost any procedure for as little as a third of the regular price. Your appointment may take longer, but the risk of extra pain or subpar results is minimal.

Request a payment plan. If you ask, many dentists will allow you to pay for treatments monthly, interest free.

Stagger treatments. A temporary reconstruction can last six months or more, giving you time to save for a permanent one. Extend major dental work from the end of one year to the beginning of the next to allow charges to carry over to the next billing cycle.

Consider a discount plan. No dental insurance? Low-cost networks such as dentalplans.com and brighter .com can save you up to 60 percent on dental procedures.

ILLUSTRATED BY MARK MATCHO

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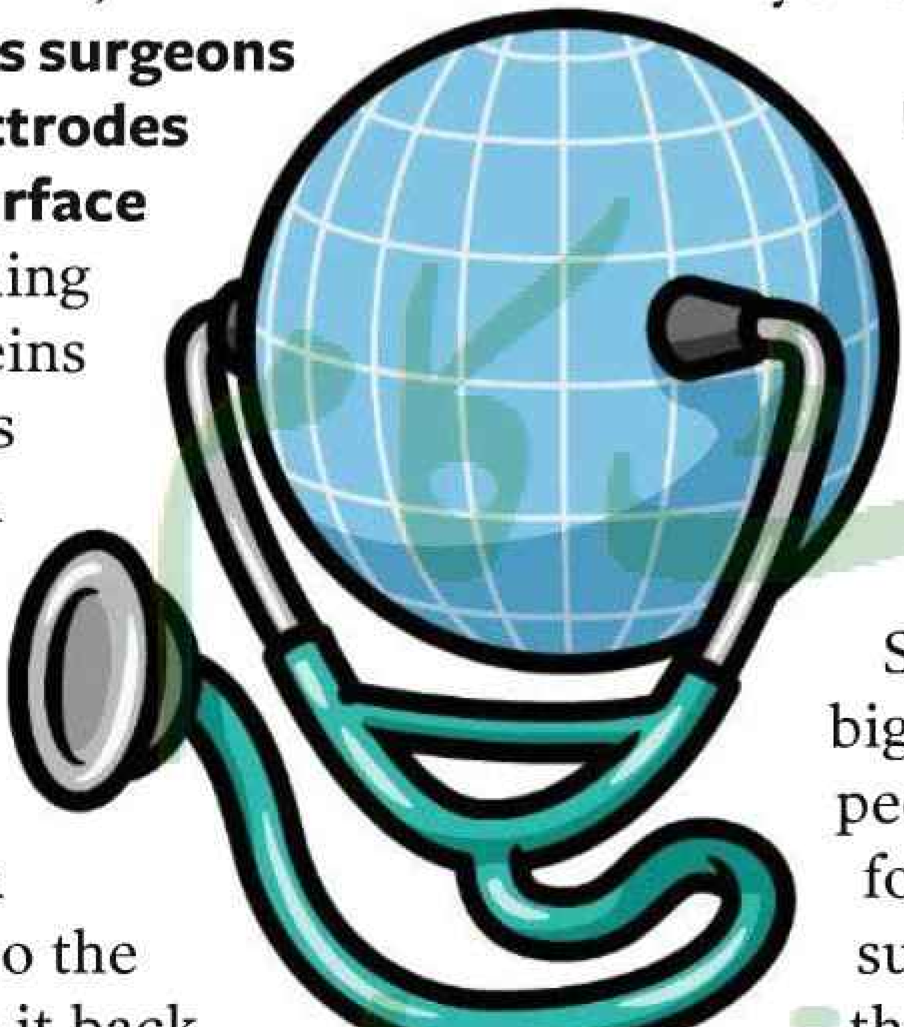
ADVANCES

News from the World of Medicine

ENGLAND

Wireless Heart Help

The first-ever wireless pacemaker helps keep the heart beating steadily without many of the complications of traditional pacemakers. The wire-free system, developed in Cambridge, England, and in California, **allows surgeons to place tiny electrodes on the heart's surface** instead of threading wires through veins and to the heart's chambers. When the heart beats abnormally, a small box implanted near the heart sends a pulse of energy to the electrodes to get it back on track. After testing in Europe, the Wireless Cardiac Stimulation system (WiCS) will be submitted for FDA review in the States.



ITALY

High-Tech Crossing Guard

If you can't break the dangerous habit of walking while texting, the new smart-phone app WalkSafe may help keep you out of harm's way. Developed by University of Bologna and Dartmouth College researchers, the free app (available for Android and, soon, iPhone) **enables a phone's camera to detect a vehicle approaching from about 150 feet away** when the phone is in use. The phone vibrates and beeps to warn you before you step into a vehicle's path.

UNITED STATES

A Lasik Alternative

Implantable contact lenses from California-based STAAR Surgical may be the next big thing for nearsighted people who don't qualify for LASIK. During a short surgery, a doctor inserts the Visian Implantable Collamer Lens (ICL) through three tiny incisions in the cornea—a procedure far less invasive than LASIK, which uses lasers to permanently reshape the cornea. The ICL **covers the eye's natural lens and, like LASIK, can often lead to better than 20/20 vision overnight.** The ICL procedure costs about $1,000 more per eye than LASIK, but it can be a solution for people who aren't good candidates for corrective surgery.

ILLUSTRATED BY CHRISTOPH NIEMANN

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Important Safety Information About CIMZIA® (certolizumab pegol)

What is the most important information I should know about CIMZIA?

CIMZIA is a prescription medicine that affects your immune system. CIMZIA can lower the ability of the immune system to fight infections. Serious infections have happened in patients taking CIMZIA, including tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before starting CIMZIA. Your doctor should monitor you closely for signs and symptoms of TB during your treatment with CIMZIA.

Certain Types of Cancer

There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents. CIMZIA is not approved for use in pediatric patients. For people taking TNF-blocker medicines, including CIMZIA, the chances for getting lymphoma or other cancers may increase. People with RA, especially more serious RA, may have a higher chance for getting a kind of cancer called lymphoma.

Before starting CIMZIA, tell your doctor if you

- Think you have an infection. You should not start taking CIMZIA if you have any kind of infection, are being treated for an infection or have signs of an infection such as fever, cough or flu-like symptoms or if you get a lot of infections or have infections that keep coming back.
- Have any open cuts or sores
- Have diabetes or HIV
- Have TB, or have been in close contact with someone with TB
- Were born in, lived in, or traveled to countries where there is more risk of getting TB. Ask your doctor if you are not sure.
- Live or lived in certain parts of country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may develop or become severe if you take CIMZIA. If you do not know if you have lived in these types of areas, ask your doctor.
- Have or have had hepatitis B
- Have or have had any type of cancer
- Have congestive heart failure
- Have seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis
- Are scheduled to receive a vaccine. Do not receive a live vaccine while taking CIMZIA
- Are pregnant, planning to become pregnant, or breastfeeding. CIMZIA has not been studied in pregnant or nursing women.
- Especially tell your doctor if you take: Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), Tysabri® (natalizumab), or another TNF blocker. You have a higher chance for serious infections when taking CIMZIA with these medicines. You should not take CIMZIA while you take one of these medicines.

After starting CIMZIA, if you get an infection, any sign of an infection including a fever, cough, flu-like symptoms, or have open cuts or sores on your body, call your doctor right away. CIMZIA can make you more likely to get infections or make any infection that you may have worse. Patients 65 years of age or older, patients with other long term medical conditions, or taking certain other drugs that affect the immune system, such as corticosteroids or methotrexate, may be at a greater risk of infection.

What are the possible side effects of CIMZIA? CIMZIA can cause serious side effects including:

Heart Failure including new heart failure or worsening of heart failure you already have; **Nervous System Problems** such as Multiple Sclerosis, seizures, or inflammation of the nerves of the eyes; **Allergic Reactions**. Signs of an allergic reaction include a skin rash, swollen face, or trouble breathing; **Hepatitis B virus reactivation in patients who carry the virus in their blood**. In some cases, patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you carefully during treatment with CIMZIA if you carry the hepatitis B virus in your blood; **Blood Problems**. Your body may not make enough of the blood cells that help fight infections or help stop bleeding; **Immune reactions including a lupus-like syndrome**. Symptoms include shortness of breath, joint pain, or a rash on the cheeks or arms that worsens with sun exposure.

Call your doctor right away if you develop any of the above side effects or symptoms.

The most common side effects of CIMZIA are: upper respiratory infections (flu, cold), rash, and urinary tract infections (bladder infections).

Other side effects have happened in some people including new psoriasis or worsening of psoriasis you already have and injection site reactions.

You are encouraged to report negative side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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Pre-filled syringe designed for comfort and control in partnership with OXO GOOD GRIPS

Please see Brief Summary on following pages.

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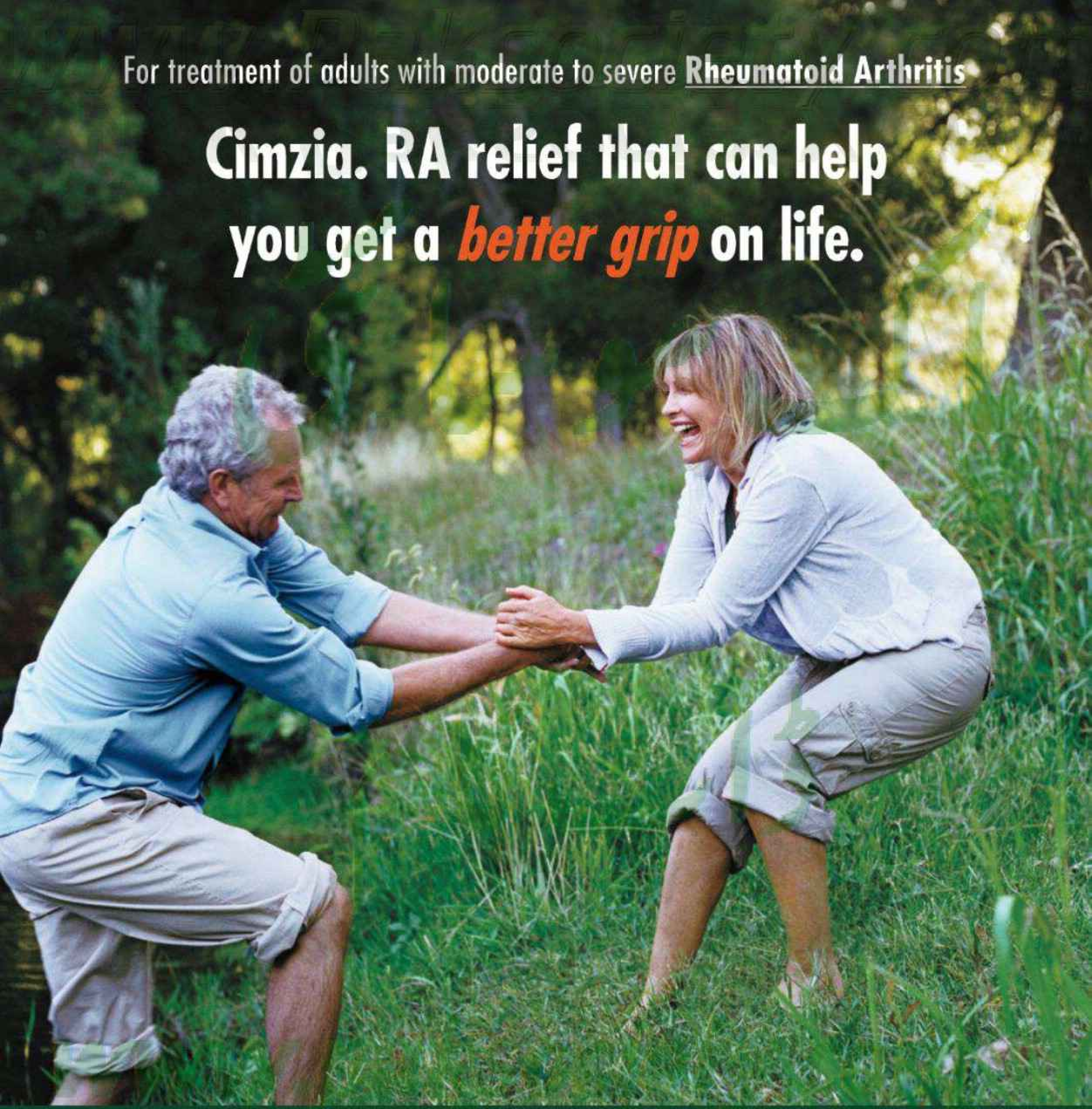

Fast, Lasting Cimzia has been clinically proven vs. placebo to reduce RA pain, stiffness and fatigue in as little as 1-2 weeks for some. The majority experienced noticeable improvement in RA signs and symptoms within 6 months which lasted through 1 year. Your results may vary.

- CIMZIA is proven to help prevent further joint damage.
- CIMZIA can be injected every 2 or 4 weeks after initial dosing, based on what you and your doctor decide.

Ask your Rheumatologist about the benefits and risks of CIMZIA.

Please read Important Safety Information on the adjacent page.

cimzia®
(certolizumab pegol)

Visit cimzia.com/RA
Call 1-877-793-6410

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Consumer Brief Summary for Cimzia® (certolizumab pegol)

CONSULT PACKAGE INSERT FOR FULL PRESCRIBING INFORMATION

Read the Medication Guide that comes with CIMZIA before you start using it, and before each injection of CIMZIA. This brief summary does not take the place of talking with your doctor about your medical condition or treatment.

What is the most important information I should know about CIMZIA?

CIMZIA is a medicine that affects your immune system. CIMZIA can lower the ability of the immune system to fight infections. Serious infections have happened in patients taking CIMZIA. These infections include tuberculosis (TB) and infections caused by viruses, fungi or bacteria that have spread throughout the body. Some patients have died from these infections.

- Your doctor should test you for TB before starting CIMZIA.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with CIMZIA.

Before starting CIMZIA, tell your doctor if you:

- think you have an infection. You should not start taking CIMZIA if you have any kind of infection.
- are being treated for an infection
- have signs of an infection, such as a fever, cough, flu-like symptoms
- have any open cuts or sores on your body
- get a lot of infections or have infections that keep coming back
- have diabetes
- have HIV
- have tuberculosis (TB), or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure.
- live or have lived in certain parts of the country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may develop or become more severe if you take CIMZIA. If you do not know if you have lived in an area where histoplasmosis, coccidioidomycosis, or blastomycosis is common, ask your doctor.
- have or have had hepatitis B
- use the medicine Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), or Tysabri® (natalizumab)

After starting CIMZIA, if you get an infection, any sign of an infection, including a fever, cough, flu-like symptoms, or have open cuts or sores on your body, call your doctor right away. CIMZIA can make you more likely to get infections or make any infection that you may have worse. Patients 65 years of age or older, patients with other long term medical conditions, or taking certain other drugs that affect the immune system, such as corticosteroids or methotrexate, may be at a greater risk of infection.

Certain types of cancer

- There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents.
- For people taking TNF-blocker medicines, including CIMZIA, the chances of getting lymphoma or other cancers may increase.
- People with RA, especially more serious RA, may have a higher chance of getting a kind of cancer called lymphoma.

See the section "What are the possible side effects of CIMZIA?" for more information.

What is CIMZIA?

CIMZIA is a medicine called a Tumor Necrosis Factor (TNF) blocker. CIMZIA is used in adult patients to:

- Lessen the signs and symptoms of moderately to severely active Crohn's disease (CD) in adults who have not been helped enough by usual treatments.
- Treat moderately to severely active rheumatoid arthritis (RA).

It is not known whether CIMZIA is safe and effective in children.

What should I tell my doctor before starting treatment with CIMZIA?

CIMZIA may not be right for you. Before starting CIMZIA, tell your doctor about all of your medical conditions, including if you:

- **have an infection**. (See, "What is the most important information I should know about CIMZIA?")
- **have or have had any type of cancer**
- **have congestive heart failure**
- **have seizures, any numbness or tingling, or a**

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disease that affects your nervous system such as multiple sclerosis

- **are scheduled to receive a vaccine**. Do not receive a live vaccine while taking CIMZIA.
- **are allergic to any of the ingredients in CIMZIA**. See the end of this Brief Summary for a list of the ingredients in CIMZIA.

Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding. CIMZIA has not been studied in pregnant or nursing women.

Tell your doctor about all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements. Your doctor will tell you if it is okay to take your other medicines while taking CIMZIA. Especially, tell your doctor if you take:

- Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab),Tysabri® (natalizumab). You have a high chance for serious infections when taking CIMZIA with Kineret®, Orencia®, Rituxan®, or Tysabri®.
- A TNF blocker: Remicade® (infliximab), Humira® (adalimumab), Enbrel® (etanercept), Simponi® (golimumab).

You should not take CIMZIA, while you take one of these medicines.

How should I use CIMZIA?

CIMZIA is available as a lyophilized powder for reconstitution or a prefilled syringe. If your doctor prescribes the lyophilized pack, CIMZIA should be injected by a healthcare provider. If your doctor prescribes the prefilled syringe, see the booklet called "Patient Instructions for Use" packaged in your CIMZIA prefilled syringe kit for complete instructions for use. Do not give yourself an injection of CIMZIA unless you have been shown by your doctor or nurse, or they can train someone you know to help you with your injection. CIMZIA is given by an injection under the skin. Your doctor will tell you how much CIMZIA to inject and how often, based on your condition to be treated. Make sure to keep all of your injection and follow-up appointments with your doctor.

What are the possible side effects of CIMZIA?

CIMZIA can cause serious side effects including:

See **"What is the most important information I should know about CIMZIA?"**

- **Heart Failure** including new heart failure or worsening of heart failure you already have. Symptoms include shortness of breath, swelling of your ankles or feet, or sudden weight gain.
- **Nervous System Problems** such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Symptoms include dizziness, numbness or tingling problems with your vision, and weakness in your arms or legs.
- **Allergic Reactions**. Signs of an allergic reaction include a skin rash, swelling of the face, tongue, lips, or throat, or trouble breathing.
- **Hepatitis B virus reactivation in patients who carry the virus in their blood**. In some cases patients have died as a result of hepatitis B virus being reactivated.
  Your doctor should monitor you carefully during treatment with CIMZIA if you carry the hepatitis B virus in your blood. Tell your doctor if you have any of the following symptoms:
  - feel unwell
  - tiredness (fatigue)
  - poor appetite
  - fever, skin rash, or joint pain
- **Blood Problems**. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include a fever that doesn't go away, bruising or bleeding very easily, or looking very pale.
- **Immune reactions including a lupus-like syndrome**. Symptoms include shortness of breath, joint pain, or a rash on the cheeks or arms that worsens with sun exposure.

Call your doctor right away if you develop any of the above side effects or symptoms.

The most common side effects in people taking CIMZIA are:

- upper respiratory infections (flu, cold)
- rash
- urinary tract infections (bladder infections)

Other side effects with CIMZIA include:

- **Psoriasis**. Some people using CIMZIA had new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with CIMZIA.
- **Injection site reactions**. Redness, rash, swelling, itching or bruising can happen in some people. These symptoms will usually go away within a few days. If you have pain, redness, or swelling around the injection site that doesn't go away within a few days or gets worse, call your doctor right away.

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Tell your doctor about any side effect that bothers you or does not go away.

These are not all of the side effects with CIMZIA. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about CIMZIA

Medicines are sometimes prescribed for purposes that are not mentioned in Medication Guides. Do not use CIMZIA for a condition for which it was not prescribed. Do not give CIMZIA to other people, even if they have the same condition. It may harm them.

This brief summary summarizes the most important information about CIMZIA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about CIMZIA that is written for health professionals.

For more information go to www.CIMZIA.com or call 1-866-4CIMZIA (424-6942).

Always keep CIMZIA, injection supplies, puncture-proof container, and all other medicines out of the reach of children.

What are the ingredients in CIMZIA?

CIMZIA lyophilized powder: Active ingredient: certolizumab pegol. Inactive ingredients: sucrose, lactic acid, polysorbate. The pack contains water for injection, for reconstitution of the lyophilized powder.

CIMZIA prefilled syringe: Active ingredient: certolizumab pegol. Inactive ingredients: sodium acetate, sodium chloride, and water for injection.

CIMZIA has no preservatives.

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Product developed and manufactured for:
UCB, Inc., 1950 Lake Park Drive, Smyrna, GA 30080

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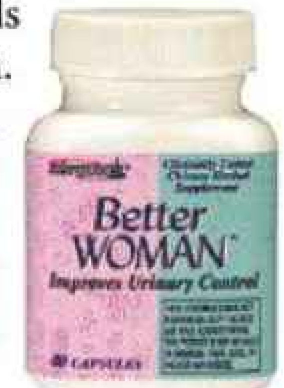
Thanks to BetterWOMAN, I'm winning the battle for
Bladder Control

Frequent nighttime trips to the bathroom, embarrassing leaks and the inconvenience of constantly searching for rest rooms in public – for years, I struggled with bladder control problems. After trying expensive medications with horrible side effects, ineffective exercises and undignified pads and diapers, I was ready to resign myself to a life of bladder leaks, isolation and depression. But then I tried **BetterWOMAN**.

When I first saw the ad for BetterWOMAN, I was skeptical. So many products claim they can set you free from leaks, frequency and worry, only to deliver disappointment. When I finally tried BetterWOMAN, I found that it actually works! It changed my life. Even my friends have noticed that I'm a new person. And because it's all natural, I can enjoy the results without the worry of dangerous side effects. Thanks to BetterWOMAN, I finally fought bladder control problems and I won!



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A visible bond: the author and her daughter.

The Power of Tattoos

Why one mother embraced the ink

BY LYNN SCHNURNBERGER FROM *More*

For her high school graduation, my daughter, Alliana, didn't ask for a MacBook or even a car. She wanted us to get tattoos.

Alliana wasn't the kind of girl you'd imagine getting a tattoo. She wore hardly any makeup, and she hadn't yet had her first drink. She had the gift of keeping me current (she introduced me to YouTube),

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but now that she wanted to let some stranger drill five-inch-long, ink-filled oscillating needles under two layers of my skin, I had to demur.

"Mom, you already get Botox," said this child to whom I'd obviously disclosed too much information. "How much more could this hurt?"

A lot, since I'd read that tattoo artists don't use numbing cream, because it can smudge the ink. Alliana's uncle warned that the first tattoo is a gateway and that my daughter's lithe, lovely body would end up covered in jagged lightning bolts and God knows what else.

Alliana's tattoo campaign started just about the same time as what my family called "all of the business" with my mother—the macular degeneration, the diminishing weight (she was down to 82 pounds), and what the doctors said was her failure to thrive. I couldn't make my mother feel better. But because of her, I did know I had to make the most of being alive. And for that, Alliana was my ticket.

I followed Alliana to DareDevil Tattoo. Punk rock blared as we were ushered into the back room. An indomitable fashion publicist once told me about an evening she'd spent with a couple of beaus and the writer Dorothy Parker. "Someone suggested we get tattoos," she had said, pointing to a petite flower on the inside of her ankle. "It would have been impolite to refuse." I felt the same way. If your teenager wants you to do just about anything with her, you do it. Even if it involves burning flesh.

"Just the teeniest, tiniest heart," I told DareDevil's co-owner Michelle. The needles pinched my shoulder blade, but Alliana held my hand, and by the time I felt really uncomfortable, it was over. Alliana's took almost 30 minutes, but she bore up well. Afterward we went to lunch, flushed and giddy with excitement. I checked my cell phone and saw that there were two messages from the nursing home, reminding me of what a luxurious—and temporary—respite our afternoon adventure had been. Weeks later, after Alliana left for college, I'd reach my hand back several times a day to touch my tiny tattooed heart. And I felt somehow comforted remembering what was on Alliana's shoulder—something symbolic of her sweet nature: the bluebird of happiness.

If your teen wants you to do just about anything with her, you do it. Even if it involves burning flesh.

My mother's last year was painful and infantilizing. The woman she became in old age stood in tragic contrast to the lively redhead who'd raised me. She may have been brought up to believe tattoos were pretty much only for sailors, but she had her own way of standing out. And she knew that the most important mark you make is on the people you love.

COURTESY ROSANNE KANG

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Life, reframed: Vintage photos get a modern makeover.

WEBSITE

Photo Flashback

Snapshots that transcend time

Taylor Jones was sifting through old family photos last May and came across a picture of his brother 16 years earlier. At that moment, his brother was sitting across from him in the exact same place at the table as he was in the photo. Jones, then 21, had a brainstorm. "I thought it would be cool to take a picture of the old photo overlapping the scene in front of me," he says. He lined up the shot of his brother, did the same with several more old photos, and posted his handiwork on his new website, **dearphotograph.com.** The juxtaposition of then and now, plus nostalgic captions, quickly earned the site a cult following. Within months, Jones's website had a million hits. To keep up with the interest (the site has nearly 65,000 followers on Facebook), Jones quit his job as a social-media specialist in September.

"Dear photograph," reads the caption from a popular recent post (above) by Gilbert Bohannon, Jr. "She was a senior when I was a freshman. Now she's teaching my two boys at our old school—28 years later!" Says Jones, "Overlapping photos is such a simple idea, but it triggers a lot of emotions."

To see more of these photos on your iPad or Kindle Fire, download the *Reader's Digest* app.

COURTESY DEAR PHOTOGRAPH

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Don't Let Mold Move In!

Mold and mildew never stop looking for ways to sneak into your home and spread out. So take a moment to learn about mold's effect on you and how to evict these unwanted guests before they settle in!

Do I have mold in my home?

Nearly 100 percent of American homes contain mold. Look for discolored patches, such as black streaks in grout or a red stain on your shower curtain. Mold also thrives in less visible places like windowsills and refrigerator seals. A musty odor is a good indicator that there's mold hanging around that you can't see.

Is mold bad for my health?

While low levels of mold will generally have little effect on you, exposure to indoor mold can aggravate asthma and trigger allergies. More extreme infestations can contribute to a range of respiratory conditions. And remember, just because you can't see mold doesn't mean it isn't there.

How do I permanently kill mold?

Soap and detergents can remove mold stains but do not actually kill or prevent mold. Regular cleaning with a bleach-based product like Tilex® Mold & Mildew Remover instantly and effectively kills mold as well as mildew,* letting you breathe a little easier.

*Use as directed.

Get more tips for keeping your home safe from mold and mildew at facebook.com/Tilex

EVERY HOME HAS MOLD. TILEX® SENDS IT PACKING.

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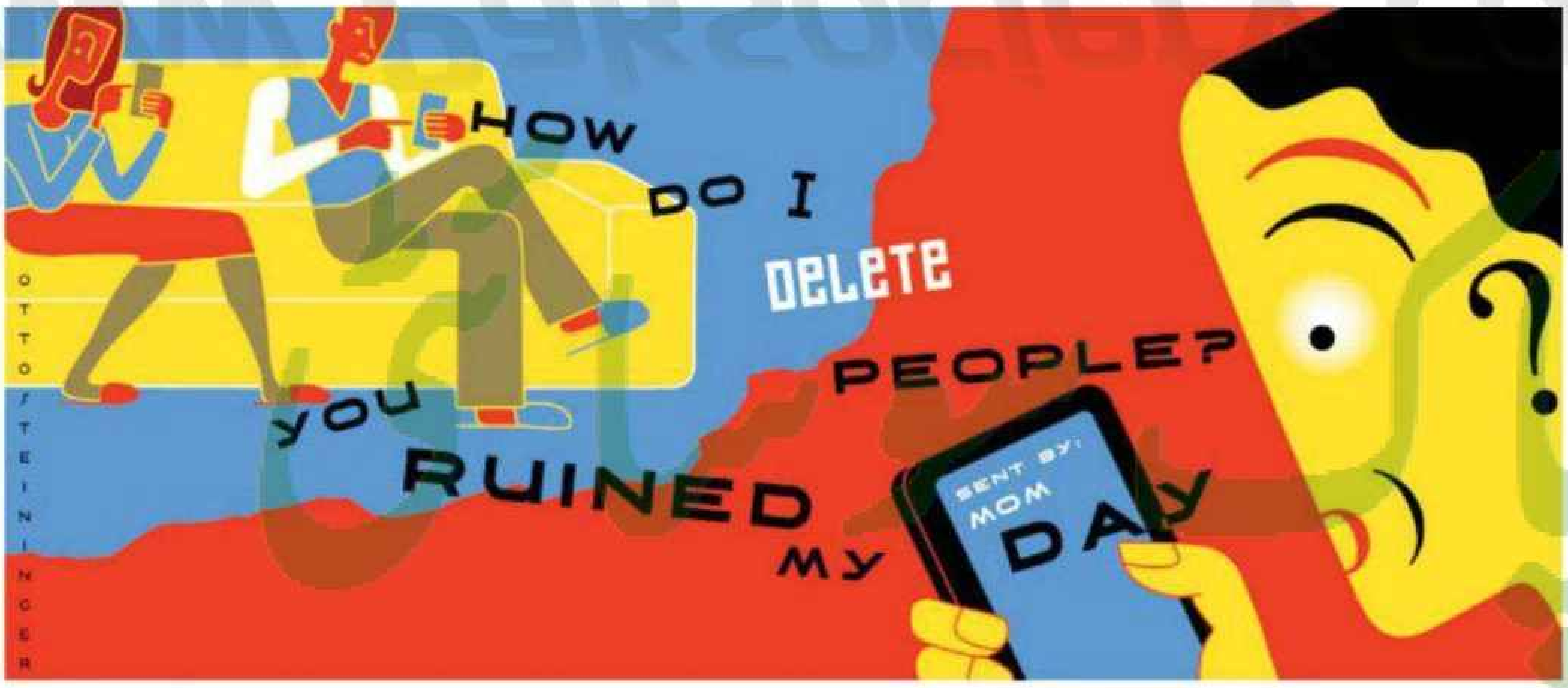

EXCERPT

Texts Gone Bad

Parents master the art of the quick comeback

Brothers Stephen and Wayne Miltz, creators of the popular **crazythingsparentstext .com,** recently published a book of hundreds of private text messages between parents and children. A selection of our favorites:

Me: What time are you picking me up?
Dad: Who is this?
Me: Your son.
Dad: How did you get this number?
Me: I programmed your phone, remember?
Dad: How do I delete people?

Mom: Your father is driving me crazy. When are you coming home?
Me: I'm out with friends so not till late. Sorry!
Mom: It's OK. I put Ambien in his tea. He won't be annoying me much longer.

Me: Can I borrow 50 bucks?
Mom: You don't call to say hi, you didn't call on my birthday. All you ever call for is money!
Me: 40 bucks?
Mom: OK.

Me: Hey!
Dad: Aren't you supposed to be at school?
Me: Aren't you supposed to be at work?
Dad: Touché ...

Me: Happy 49th, Dad! I love you so much!
Dad: It's 48! You ruined my day.

Mom: Come downstairs and talk to me please. I'm lonely.
Me: Isn't Dad there?
Mom: Yes, but I like you more.

To read more crazy things parents text, go to readersdigest.com/march.

ILLUSTRATED BY OTTO STEININGER

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Keep Mold and Other Unwanted Guests OUT of Your Bathroom!

Once you've cleared your bathroom of mold with Tilex® Mold & Mildew Remover, make sure it never comes back. Try these simple tips to keep your bathroom sparkling every day.

Spritz for success After each use, spray your shower and bath walls, glass door and curtain with a daily shower cleaner to prevent the growth of mold on wet surfaces.

Disinfect daily Routinely sanitize the surfaces of your tub, sink and toilet to keep them germ-free and kill microbes that can feed mold.

Be ready Keep Tilex® Mold & Mildew Remover on hand for when you need a little extra help. It is specially formulated to kill mold and mildew, and helps keep your bathroom beautiful and germ-free every day.

Stop mold at the source Soap and detergents can remove mold stains but do not actually kill or prevent mold. Regular cleaning with a bleach-based product like Tilex® Mold & Mildew Remover effectively kills mold as well as mildew at the source.*

Get some fresh air Leave the bathroom fan on or open a window after showering to lower humidity and discourage mold growth.

Reflect your effort You spend time in front of the mirror every day, and you don't want to see grime, so make sure to clean it often.

Send those uninvited stains, mold and germs packing for good with Tilex®.

*Use as directed.

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EVERY HOME HAS MOLD. TILEX® SENDS IT PACKING.

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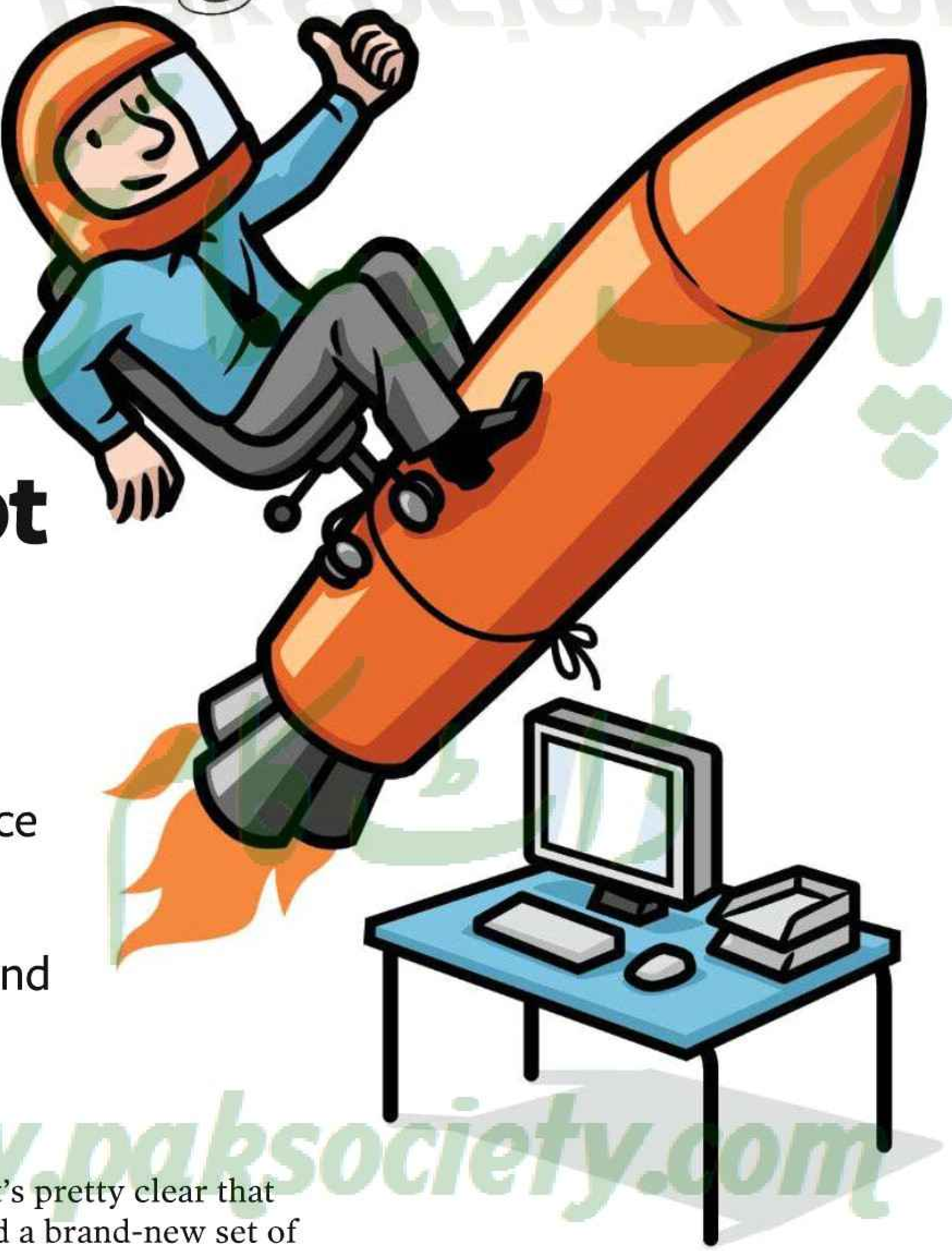

Adapt and Soar

Great new career advice from the business wizard behind LinkedIn

BY DAVID NOONAN

By now, it's pretty clear that you need a brand-new set of skills for today's job market. In the just-published *The Start-up of You* (Crown Business), LinkedIn cofounder and executive chairman Reid Hoffman offers firsthand advice for job seekers and potential job changers. Of course, no one expects that you'll go and start up, as Hoffman did, the biggest professional network in the world, with millions of members and a value of almost $7 billion. As he writes, "Whether you work for a ten-person company, a nonprofit, or a multinational corporation, to succeed today, you need to apply entrepreneurial strategies to the start-up of you." Here, we—ahem—work him over.

ILLUSTRATED BY CHRISTOPH NIEMANN

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Reader's Digest: How are people like start-ups?
Reid Hoffman: It's no longer: I do my job, and The Man promotes me. You must develop your own capabilities, your own assets, your own opportunities. You develop an identity that is yours, that is distinct from your current job or company. The real question is how you invest in yourself every week and every month, just like businesses do—because businesses that don't invest in themselves are terminal businesses.

RD: How do you invest in yourself?
RH: You don't just work on your weaknesses; you work on your strengths. One thing you should do is develop more transferable skills—improve your writing, perhaps, or learn a language—that are useful beyond your current job. The way you deal with the daunting size of the idea is to start small. Entrepreneurs do that: You try this and then you look at it and say, "Oh, that really worked, let's do more of it." Or, "Hmm, that didn't work out so well, maybe I'll try a different version." If you have an idea you want to pursue, set aside one day a week or month, start on it as a side project, and see where it leads.

LinkedIn cofounder Reid Hoffman

COURTESY ERIC LAURITS

RD: A lot of working people—teachers, police officers—toy with the idea of becoming true entrepreneurs and starting a new business. Do good opportunities have anything in common?
RH: The best opportunities tend to be things where you have a unique angle. There's a reason you see them and other people don't. For instance, there's potential in providing great services to pets, and you see it because you notice how much people love their animals. The key is to play well on the tidal forces of trends.

RD: What makes a good professional network?
RH: It's more critical than ever to have a tight set of alliances with people, both inside and outside your company. That's how you get the information and intelligence you need to do your job better and find new opportunities. But those alliances have to be valuable in both directions. Relationships are living things; they need to be nurtured, or they die. So be helpful. It can be as simple as sending one of your contacts an article you think might interest them. And if you or someone else leaves your company, don't say the friendship is over. Say, Let's continue to be allies and help each other out.

RD: You have suggested that searching for a job only when you're unemployed or unhappy at work is a lost chance, that you should >>

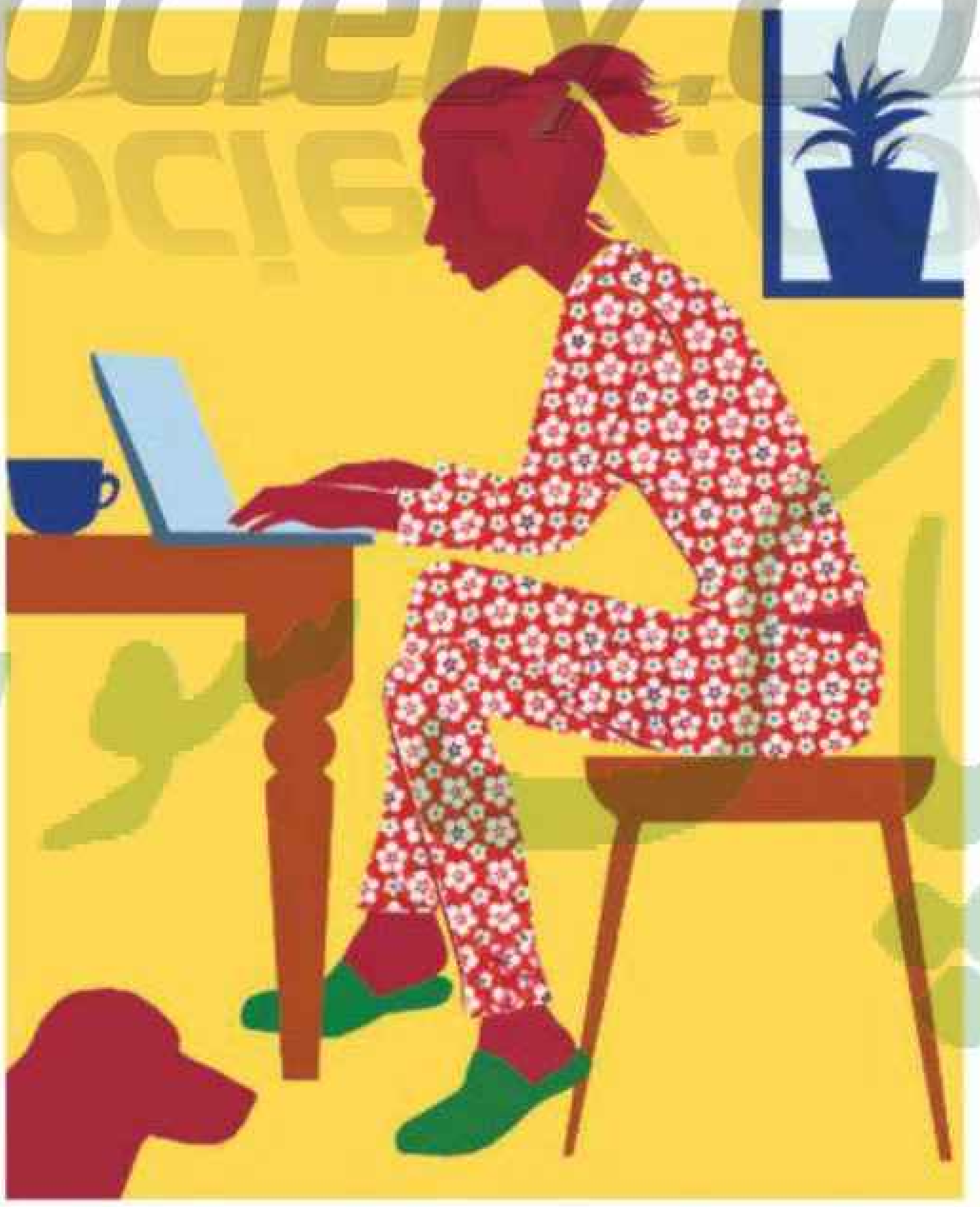
always be generating opportunities for the next thing. It makes sense, but it's kind of unsettling.
RH: Well, the world is an adapting, evolving place, and you need to adapt and evolve with it. The paradox is, adaptability is required for stability. Learning to adapt to the new career landscape is what gives you stability. What most people want is a stable, good life. OK, the way you get that is by being adaptable.

IN THE LAND OF LINKEDIN

The professional networking site LinkedIn has more than 135 million members in 200 countries. That's a whole lot of folks doing a whole lot of different things. Among their ranks are:

- **More than 3.8 million people in sales**
- **Over 995,000 teachers**
- **74 Elvis tribute artists**
- **368,000-plus people in military and protective services**
- **1 martini whisperer**
- **Over 4.5 million "entrepreneurs"**
- **More than a million shared-interest groups, including one for people who want to "invest in cheese"**

Source: LinkedIn



WHO KNEW?

Pajama Power

A recent study by researchers at Stanford University found that telecommuters working from home outperformed their office-bound colleagues doing the same tasks. The research, conducted in cooperation with a Chinese travel agency, compared two groups of call-center workers who volunteered to be part of the study. The telecommuters took more calls, worked more hours, used fewer sick days, and were less likely to quit. The results of the small study prompted the company to expand its telecommuting program. But, according to slate.com, half of the employees, including some of the telecommuters in the study, declined the opportunity, preferring to work the old-fashioned way.

Sources: smithsonian.com, slate.com, lifehacker.com

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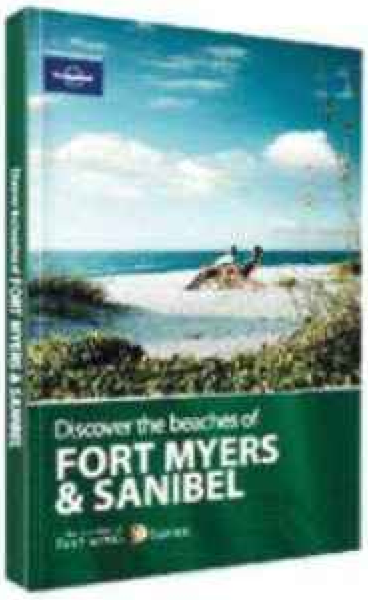
FAMILY VACATIONS

The Beaches of Fort Myers and Sanibel



Discover The Beaches of Fort Myers & Sanibel with the guidebook from Lonely Planet. It's packed full of information on what to do and see plus tips on the top places to explore. Visit www.FortMyers-Sanibel.com or call 888-231-0325 for more information.

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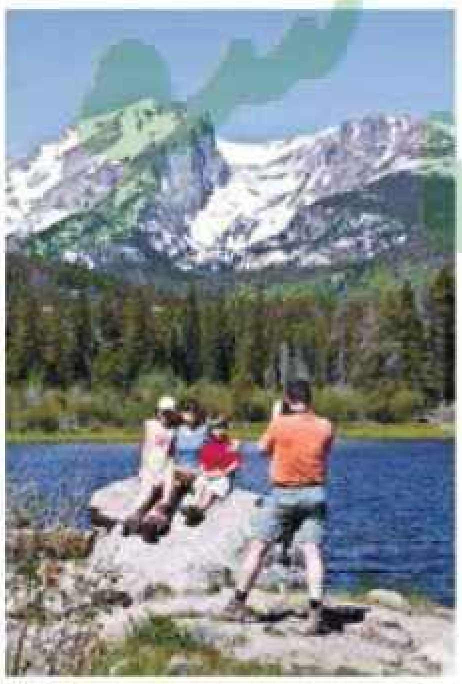

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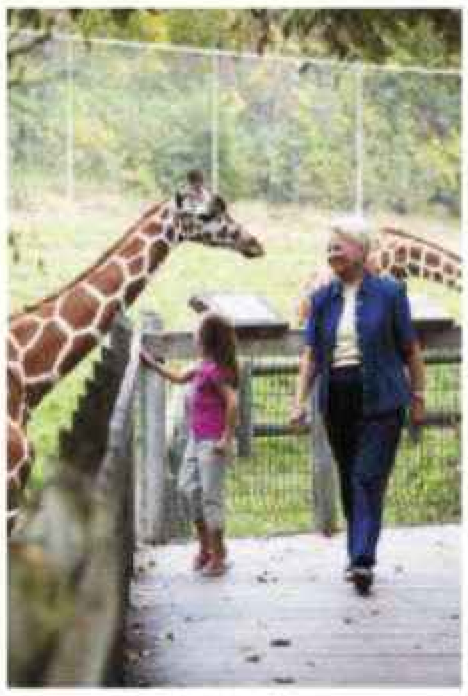

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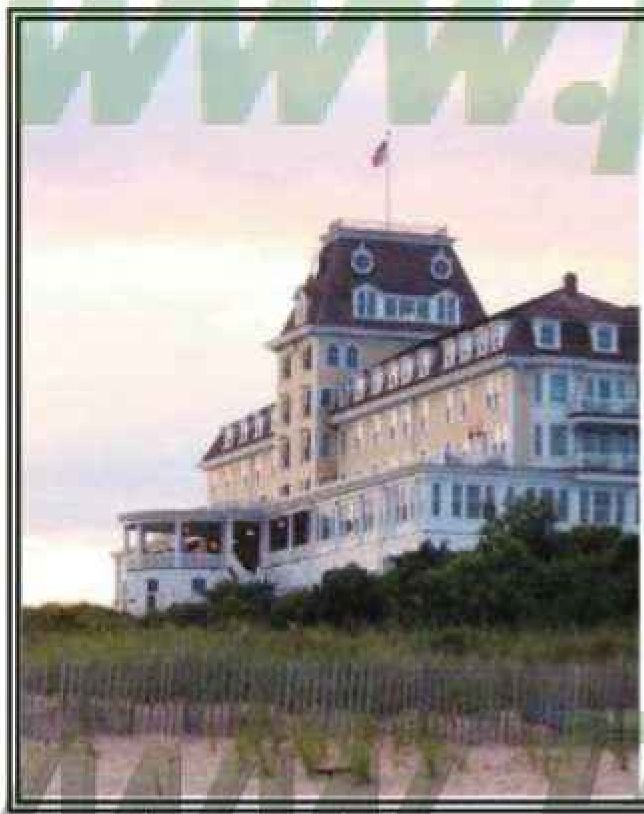

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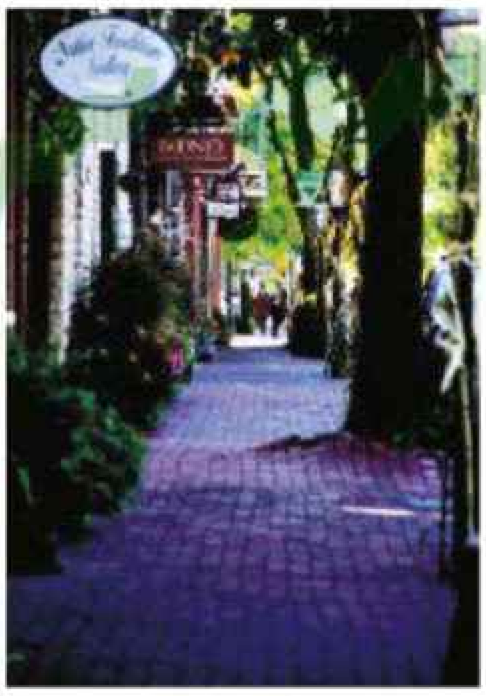
FAMILY VACATIONS

Historic Saint Charles, MO



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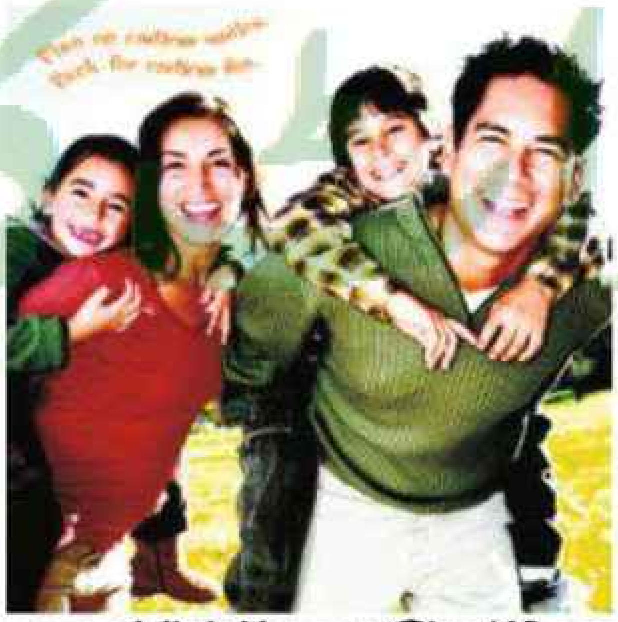
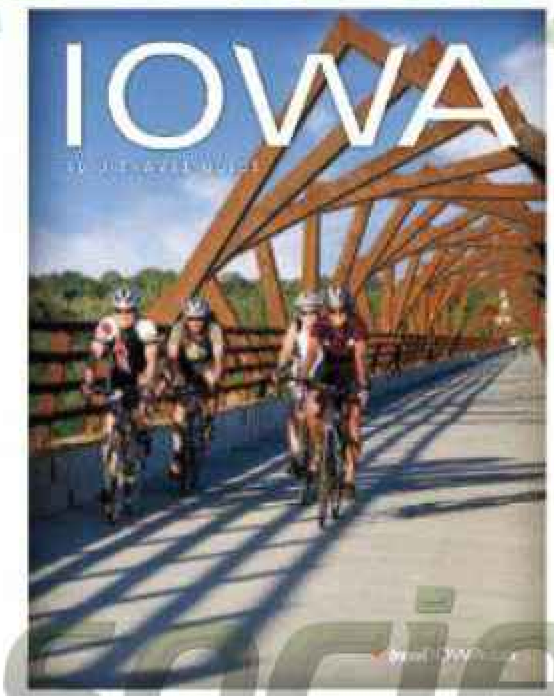


Find your happy place here in Kansas City, KS: Shopping, History, Sports, Festivals, Waterparks, the Arts. We'll have you smiling from ear to ear. Come On! Get Happy. Request a free Visitors Guide at 800-264-1563 or www.VisitKansasCityKS.com.

Iowa Tourism



Call 800-345-IOWA, Ext. 345 or visit traveliowa.com for FREE NEW publications: Iowa Travel Guide – all about attractions, adventures and accommodations – and Iowa Map – how to get there.

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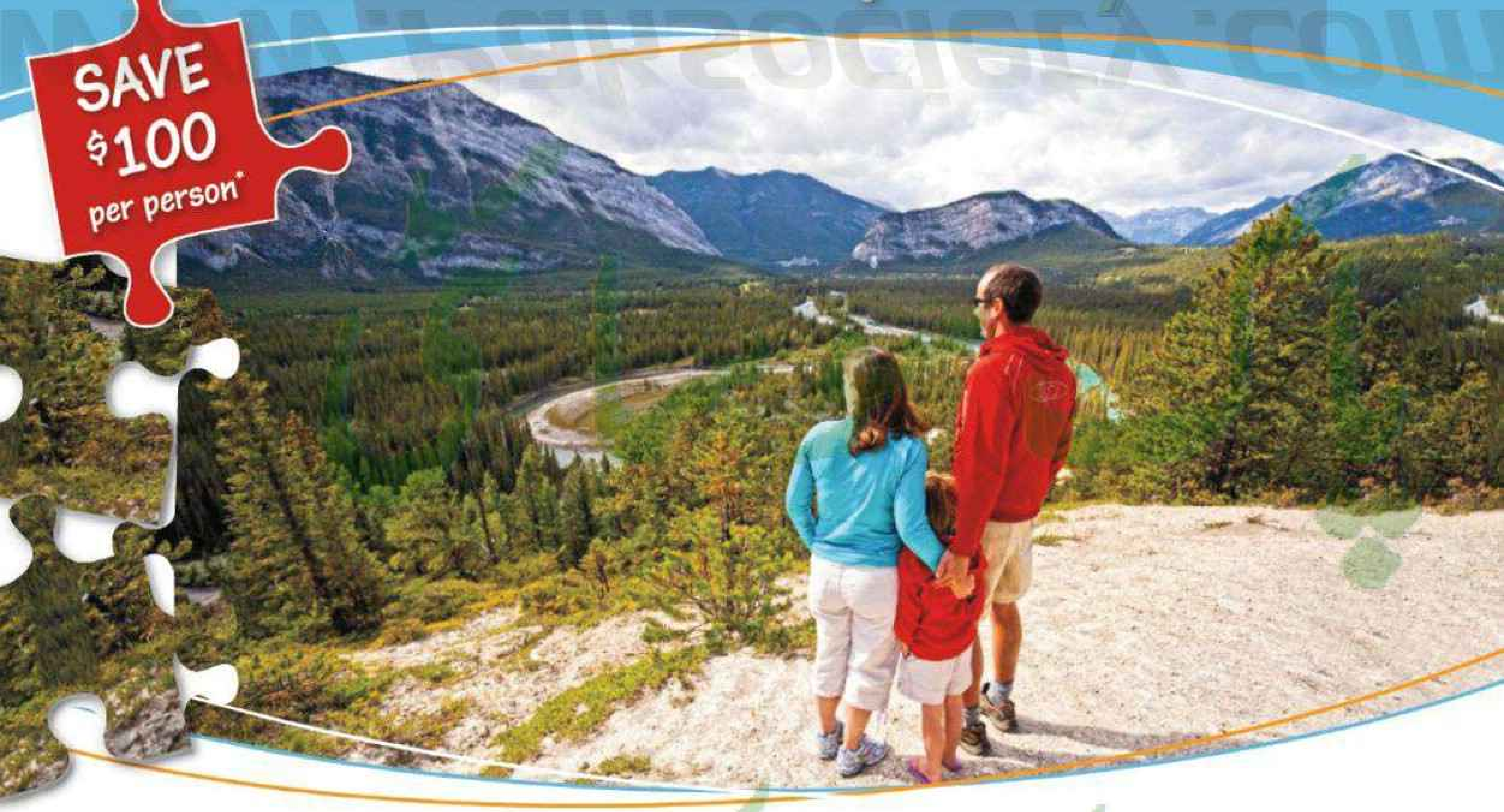
Show Your Family the World



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*Offer is valid on new bookings only made between 2/1/12-5/31/12 for travel between 5/1/12-12/31/12 on any Collette Family Vacations tour. Offers can expire earlier due to space or inventory availability. Space is on a first come, first served basis. Offers are not valid on group or existing bookings or combinable with any other offer. Other restrictions may apply. These tours operate in the summer and during some school breaks. †Per person, land only. Photo courtesy of Banff Lake Louise Tourism/Paul Zizka CST# 2006766-20 UBN# 601220855 Nevada Seller of Travel Registration No. 2003-0279

FOR A **FREE** BROCHURE, CONTACT YOUR TRAVEL AGENT OR CALL **866.621.8687** OR VISIT **WWW.COLLETTEFAMILYVACATIONS.COM/RD03**. MENTION PROMOTION CODE **D786-AX1-918**.

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MAINTENANCE

Overworked?

How to know it's time for a break BY JEFF HADEN

FROM *Inc. Magazine*

When you work double-digit hours, and Sundays are no longer a day of rest, feeling overworked can become the new normal. Take a cue from endurance athletes and monitor yourself so you'll know if you're hitting the performance wall.

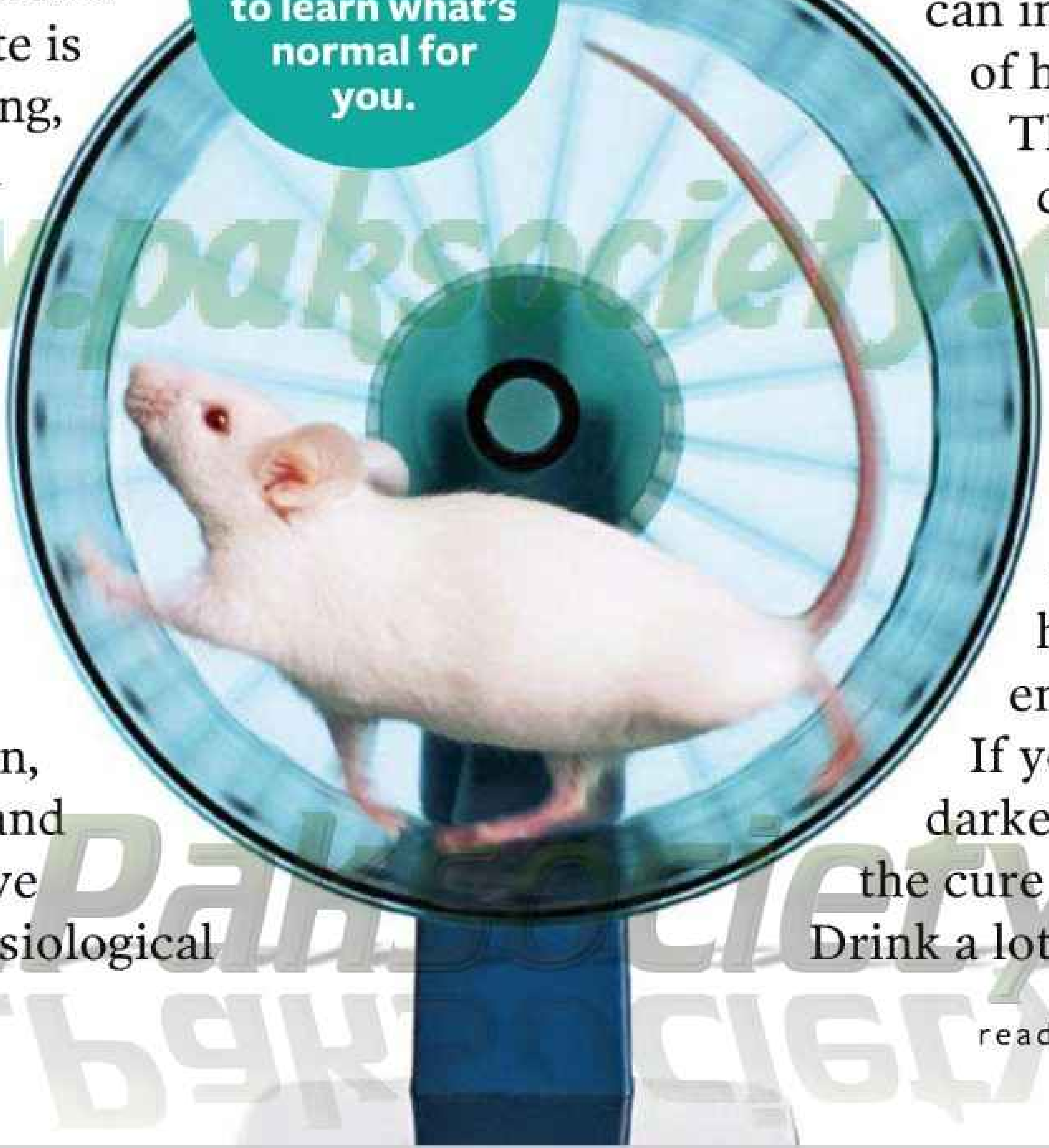
CHECK YOUR RESTING HEART RATE. Every day, before you get out of bed, take your pulse. (There are plenty of free apps that make it easy.) Usually, your heart rate will stay within a few beats per minute. But when you're overworked and stressed, the rate increases to send more oxygen to your body and brain. If your heart rate is up in the morning, get a little extra rest or sleep that night.

CHECK YOUR EMOTIONS. Feeling irritable? If you can't put your finger on a specific reason, chronic stress and fatigue may have triggered a physiological response. Willing yourself into a better mood won't overcome the impact of chemistry, and in extreme cases, the only cure is a break.

CHECK YOUR WEIGHT. If you lose or gain more than 1 percent of body weight from one day to the next, something's wrong. Maybe yesterday was incredibly stressful, and you failed to notice you didn't eat and drink enough. Lack of nourishment and hydration can impair your higher-level mental functions. Or maybe you failed to notice that you were eating too much.

CHECK YOUR, UM, OUTPUT. Urine color can indicate a lack of hydration. The lighter the color, the more hydrated you are. Proper hydration aids the absorption of nutrients and helps increase energy levels. If your urine is darker than usual, the cure is simple: Drink a lot of water.

Track your vital signs over time to learn what's normal for you.



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FUSARIUM SOLANI
PROTEUS VULGARIS
E. COLI ESBL
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PENICILLIUM CHRYSOGENUM
PROTEUS MIRABILIS
CRKP
H3N2 FLU VIRUS
E. COLI
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VACCINIA
SALMONELLA
SALMONELLA ENTERITIDIS
ATHLETE'S FOOT FUNGUS
PSEUDOMONAS PUTIDA
STAPHYLOCOCCUS AUREUS

ACINETOBACTER CALCOACETICUS
RHINOVIRUS
HEPATITIS A
INFLUENZA A
POLIOVIRUS
PSEUDOMONAS AERUGINOSA
ECHOVIRUS TYPE 12
H5N1 FLU VIRUS
MYCOBACTERIUM BOVIS
CANDIDA ALBICANS
STAPHYLOCOCCUS EPIDERMIDIS
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MOLD & MILDEW
ROTAVIRUS
NEISSERIA ELONGATA
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**According to the Centers for Disease Control
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Ask the doctor about **ARICEPT 23 mg** for moderate to severe Alzheimer's disease. The highest approved dose of ARICEPT.

You've shared so much with your loved one through the years. While you're realistic about the nature of Alzheimer's, as their caregiver, you want to do what you can. If your loved one is taking ARICEPT (donepezil HCl) 10 mg, ask the doctor if ARICEPT 23 mg may help.

ARICEPT 23 mg was compared to ARICEPT 10 mg in a large clinical study of patients with moderate to severe Alzheimer's disease. ARICEPT 23 mg showed improvement over ARICEPT 10 mg on mental function, though it did not show improvement on overall patient functioning. In the study, more people who took ARICEPT 23 mg experienced increased side effects.

It's important to remember that while ARICEPT may treat the symptoms of Alzheimer's disease, it is not a cure. All patients with Alzheimer's disease will get worse over time, even if they take ARICEPT 23 mg.

Learn more at Aricept.com.

INDICATION AND DOSING

ARICEPT® (donepezil HCl) is a prescription medicine to treat mild, moderate and severe Alzheimer's disease. Before starting on ARICEPT 23 mg/day, patients should be on ARICEPT 10 mg/day for at least 3 months. The starting dose of ARICEPT is 5 mg/day and can be increased to 10 mg/day after 4–6 weeks. Please take ARICEPT as prescribed by the doctor.

IMPORTANT SAFETY INFORMATION

ARICEPT is not for everyone, including people who are allergic to any ingredients in ARICEPT or medicines that contain piperidines.

Tell the doctor if your loved one takes nonprescription or prescription medicines, including those used to treat Alzheimer's or Parkinson's disease; anticholinergic medicines, such as allergy or cold medicine; medicines to treat bladder or bowel spasms; or certain asthma medicines.

ARICEPT may cause slow heartbeat and fainting. This happens more often in people with heart problems. Call the doctor right away if the patient faints while taking ARICEPT. People may also have seizures while taking ARICEPT. They may also have difficulty passing urine. Lung problems, including asthma, may worsen with the use of ARICEPT. Tell the doctor that the patient takes ARICEPT before they have any procedure that may require anesthesia, including dental and medical procedures or surgery.

People at risk for stomach ulcers or who take certain other medicines, such as aspirin or nonsteroidal anti-inflammatory drugs (NSAIDs), should tell their doctor because serious stomach problems, such as bleeding, may get worse.

In a study, more side effects were seen with ARICEPT 23 mg than with ARICEPT 10 mg. Many more people taking ARICEPT 23 mg experienced nausea and vomiting than those taking ARICEPT 10 mg. These side effects may get better after the patient takes ARICEPT for a while. Other side effects that were seen more often with ARICEPT 23 mg were stomach ulcers, gastrointestinal bleeding, and weight loss. People of lower weight (less than 121 lbs) may have increased nausea, vomiting, and weight loss when taking ARICEPT 23 mg.

Other side effects of ARICEPT may include diarrhea, difficulty sleeping, vomiting, or muscle cramps. Some people may feel tired or may have loss of appetite.

You are encouraged to report negative side effects to the FDA. Visit fda.gov/medwatch or call 1-800-FDA-1088.

Please see important Patient Information on next page. *For more information, visit aricept.com or call 1-866-4-ARICEPT.*

www.Paksociety.com

ARICEPT PATIENT PACKAGE INSERT

ARICEPT® (Air-eh-sept)
(donepezil hydrochloride) tablets
- Tablets: 5 mg, 10 mg, and 23 mg

ARICEPT® ODT (Air-eh-sept oh-dee-tee)
(donepezil hydrochloride) orally disintegrating tablets
- ODT Tablets: 5 mg and 10 mg

Read the Patient Information that comes with ARICEPT before the patient starts taking it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with the doctor about Alzheimer's disease or treatment for it. If you have questions, ask the doctor or pharmacist.

What is ARICEPT?
ARICEPT comes as ARICEPT film-coated tablets in dosage strengths of 5 mg, 10 mg, and 23 mg, and as ARICEPT Orally Disintegrating Tablets (ODT; 5 mg and 10 mg). Except where indicated, all the information about ARICEPT in this leaflet also applies to ARICEPT ODT.

ARICEPT is a prescription medicine to treat mild, moderate and severe Alzheimer's disease. ARICEPT can help with mental function and with doing daily tasks. ARICEPT does not work the same in all people. Some people may:
- Seem much better
- Get better in small ways or stay the same
- Get worse over time but slower than expected
- Not change and then get worse as expected

ARICEPT does not cure Alzheimer's disease. All patients with Alzheimer's disease get worse over time, even if they take ARICEPT.

ARICEPT has not been approved as a treatment for any medical condition in children.

Who should not take ARICEPT?
The patient should not take ARICEPT if allergic to any of the ingredients in ARICEPT or to medicines that contain piperidines. Ask the patient's doctor if you are not sure. See the end of this leaflet for a list of ingredients in ARICEPT.

What should I tell the doctor before the patient takes ARICEPT?
Tell the doctor about all the patient's present or past health problems. Include:
- Any heart problems including problems with irregular, slow, or fast heartbeats
- Asthma or lung problems
- A seizure
- Stomach ulcers
- Difficulty passing urine
- Liver or kidney problems
- Trouble swallowing tablets
- Present pregnancy or plans to become pregnant. It is not known if ARICEPT can harm an unborn baby.
- Present breast-feeding. It is not known if ARICEPT passes into breast milk. ARICEPT is not for women who are breast-feeding.

Tell the doctor about all the medicines the patient takes, including prescription and non-prescription medicines, vitamins, and herbal products. ARICEPT and other medicines may affect each other.

Be particularly sure to tell the doctor if the patient takes aspirin or medicines called nonsteroidal anti-inflammatory drugs (NSAIDs). There are many NSAID medicines, both prescription and non-prescription. Ask the doctor or pharmacist if you are not sure if any of the patient's medicines are NSAIDs. Taking NSAIDs and ARICEPT together may make the patient more likely to get stomach ulcers.

ARICEPT taken with certain medicines used for anesthesia may cause side effects. Tell the responsible doctor or dentist that the patient takes ARICEPT before the patient has:
- surgery
- medical procedures
- dental surgery or procedures.

Know the medicines that the patient takes. Keep a list of all the patient's medicines. Show it to the doctor or pharmacist before the patient starts a new medicine.

How should the patient take ARICEPT?
- Give ARICEPT exactly as prescribed by the doctor. Do not stop ARICEPT or change the dose yourself. Talk with the doctor first.
- Give ARICEPT one time each day. ARICEPT can be taken with or without food.
- ARICEPT 23 mg tablets should be swallowed whole without the tablets being split, crushed or chewed.
- ARICEPT ODT melts on the tongue. The patient should drink some water after the tablet melts.
- If you miss giving the patient a dose of ARICEPT, just wait. Give only the next dose at the usual time. Do not give 2 doses at the same time.
- If ARICEPT is missed for 7 days or more, talk with the doctor before starting again.
- If the patient takes too much ARICEPT at one time, call the doctor or poison control center, or go to the emergency room right away.

What are the possible side effects of ARICEPT?
ARICEPT may cause the following serious side effects:
- **slow heartbeat and fainting.** This happens more often in people with heart problems. Call the doctor right away if the patient faints while taking ARICEPT.
- **more stomach acid.** This raises the chance of ulcers and bleeding, especially when taking ARICEPT 23 mg. The risk is higher for patients who had ulcers, or take aspirin or other NSAIDs.
- worsening of lung problems in people with asthma or other lung disease.
- seizures.
- difficulty passing urine.

Call the doctor *right away* if the patient has:
- fainting.
- heartburn or stomach pain that is new or won't go away.
- nausea or vomiting, blood in the vomit, dark vomit that looks like coffee grounds.
- bowel movements or stools that look like black tar.
- new or worse asthma or breathing problems.
- seizures.
- difficulty passing urine.

The most common side effects of ARICEPT are:
- nausea
- diarrhea
- not sleeping well
- vomiting
- muscle cramps
- feeling tired
- not wanting to eat

These side effects may get better after the patient takes ARICEPT for a while. This is not a complete list of side effects with ARICEPT. For more information, ask the doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should ARICEPT be stored ?
Store ARICEPT at room temperature between 59° to 86°F (15° to 30°C).

Keep ARICEPT and all medicines out of the reach of children.

General information about ARICEPT
Medicines are sometimes prescribed for conditions that are not mentioned in this Patient Information Leaflet. Do not use ARICEPT for a condition for which it was not prescribed. Do not give ARICEPT to people other than the patient, even if they have the same symptoms as the patient, as it may harm them.

This leaflet summarizes the most important information about ARICEPT. If you would like more information talk with the patient's doctor. You can ask your pharmacist or doctor for information about ARICEPT that is written for health professionals. For more information, go to www.ARICEPT.com, or call 1-800-760-6029.

What are the ingredients in ARICEPT?
Active ingredient: donepezil hydrochloride
Inactive ingredients:
- **ARICEPT 5 mg and 10 mg film-coated tablets:** lactose monohydrate, cornstarch, microcrystalline cellulose, hydroxypropyl cellulose, and magnesium stearate. The film coating contains talc, polyethylene glycol, hypromellose, and titanium dioxide. Additionally, the 10 mg tablet contains yellow iron oxide (synthetic) as a coloring agent.
- **ARICEPT 23 mg film-coated tablets:** ethylcellulose, hydroxypropyl cellulose, lactose monohydrate, magnesium stearate and methacrylic acid copolymer, Type C. The reddish color film coating includes ferric oxide, hypromellose 2910, polyethylene glycol 8000, talc and titanium dioxide.
- **ARICEPT ODT 5 mg and 10 mg tablets:** carrageenan, mannitol, colloidal silicon dioxide, and polyvinyl alcohol. The 10 mg tablet contains yellow iron oxide (synthetic) as a coloring agent.

ARICEPT® is a registered trademark of
Eisai Co., Ltd.
Manufactured and Marketed by Eisai Inc., Woodcliff Lake, NJ 07677
Marketed by Pfizer Inc, New York, NY 10017

Rx Only

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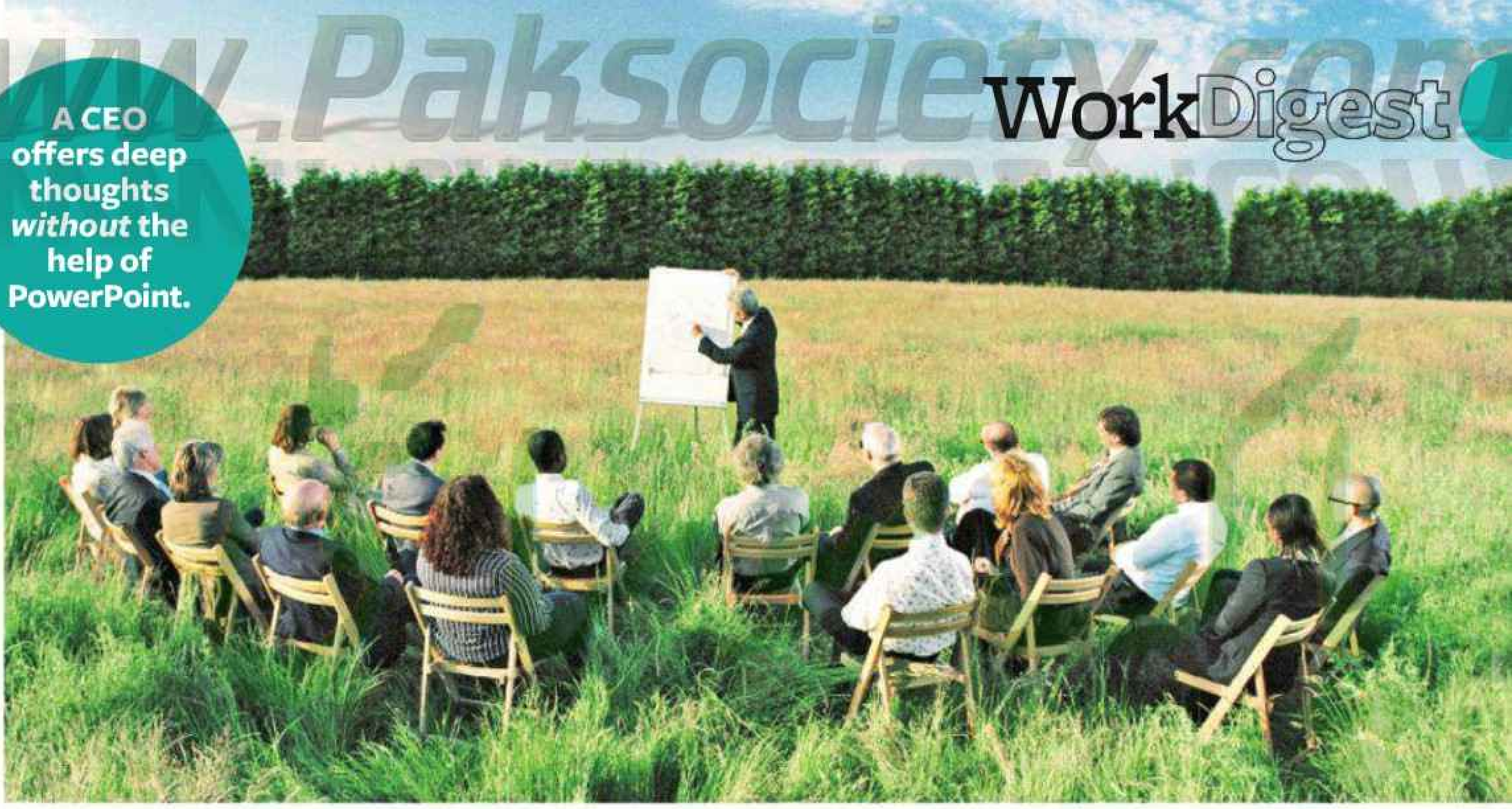

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SHOWTIME

Your Next Great Presentation

Five things *not* to do

BY KEVIN SURACE FROM *Inc. Magazine*

1 DON'T USE POWERPOINT. You don't want your presentation to look like everyone else's. Use Keynote, the Mac software that combines video and images and has great transitions.

2 DON'T USE BULLET POINTS. You should be shot for putting stuff in bullet points. Why put text on a slide? You want people looking at *you*. If you need to give stats, highlight a few things people should remember, or put the numbers in a visual context, such as a pie chart.

3 DON'T BE SELF-EFFACING. They came to see you, the expert, so stand up and be the expert. Be friendly and energetic, and try to have fun. That means never talk from behind the podium. It's a brick wall between you and the audience.

4 DON'T LEAVE OUT THE EMOTION. Lots of people want to be careful and professional when giving a talk. You should want to emote. Swing your audience's emotions back and forth. You need to say "Here's how bad life is. Here's what it can be. Here's how we get there together."

5 DON'T BORE US WITH FACTS. If you say "I'm going to present 19 slides on the technology we make at Timbuck Widgets," nobody cares. Show them how the facts are going to change their lives.

GO FIGURE

$161 BILLION

Annual cost of lost productivity due to excessive drinking

Source: Centers for Disease Control and Prevention

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WHAT I'M UP TO

Ty Pennington

On his new show, *The Revolution*, this master of home makeovers helps people transform their lives

INTERVIEW BY ALISON CAPORIMO

WHAT HE'S ...

PITCHING

"My new show, which helps people make big—and small—changes in their lives ... One of my favorite moments was watching someone confront self-confidence issues. Growing up with ADHD, I always had doubts about not making the grade. After I got into art school, I found my confidence. Parents tell me I'm an inspiration for children battling the same learning disability."

PLAYING

"**Scrabble**. Words with Friends. And **soccer**. Whether it's indoor, outdoor, or with four-year-olds, I just love kicking the ball around."

WATCHING

"I'm a big fan of ***Modern Family*** and ***Mr. Show***, which are both pretty funny. And I loved ***Sons of Anarchy*** and ***Breaking Bad***."

LISTENING TO

"When I'm looking for something with a little twang, it has to be **Tom Waits** or **Johnny Cash**. And when I really want to get depressed, I'll put on **Bon Iver**."

COLLECTING

"Vinyl. I buy old stuff because the sound is so real. My favorite is the original **Beatles *Revolver***."

CLICKING ON

"I check out the ***Green Onion*** and ***Funny or Die***. If you ever have one of those dull moments, it's nice to just bust out laughing. Also, as a true thrifter, I always look for one-of-a-kind vintage things."

READING

"Well, I definitely love humor! ***The SantaLand Diaries*** by David Sedaris is hilarious. And I just finished **Keith Richards's *Life***, which is ... wow! It's amazing that man is still alive."

IF HE RULED THE WORLD, HE WOULD ...

"... make sure that a gigantic flea market stretched across America and that everyone used the barter system to trade their amazing finds."

MARC ROYCE/CORBIS OUTLINE

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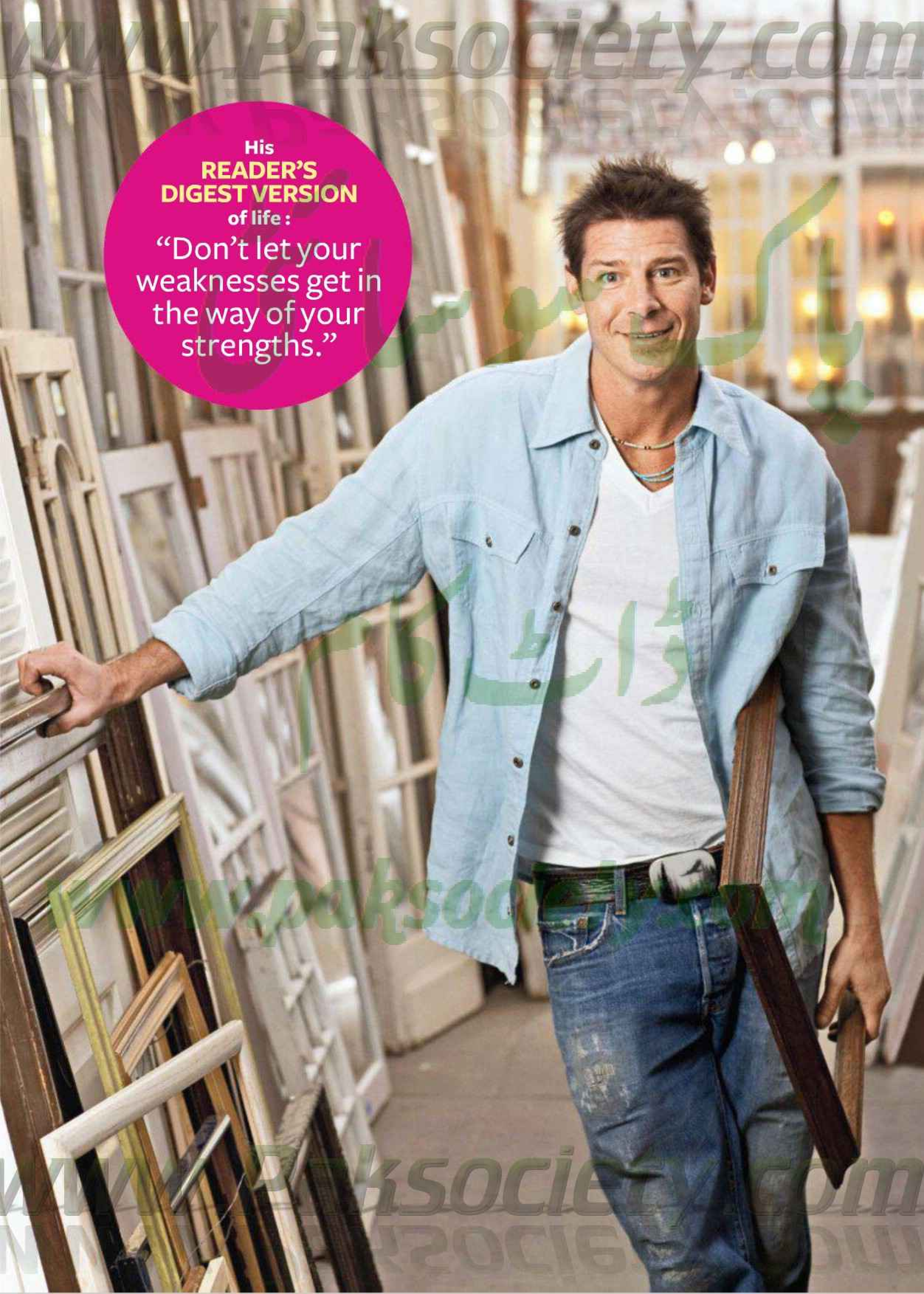
His
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of life:
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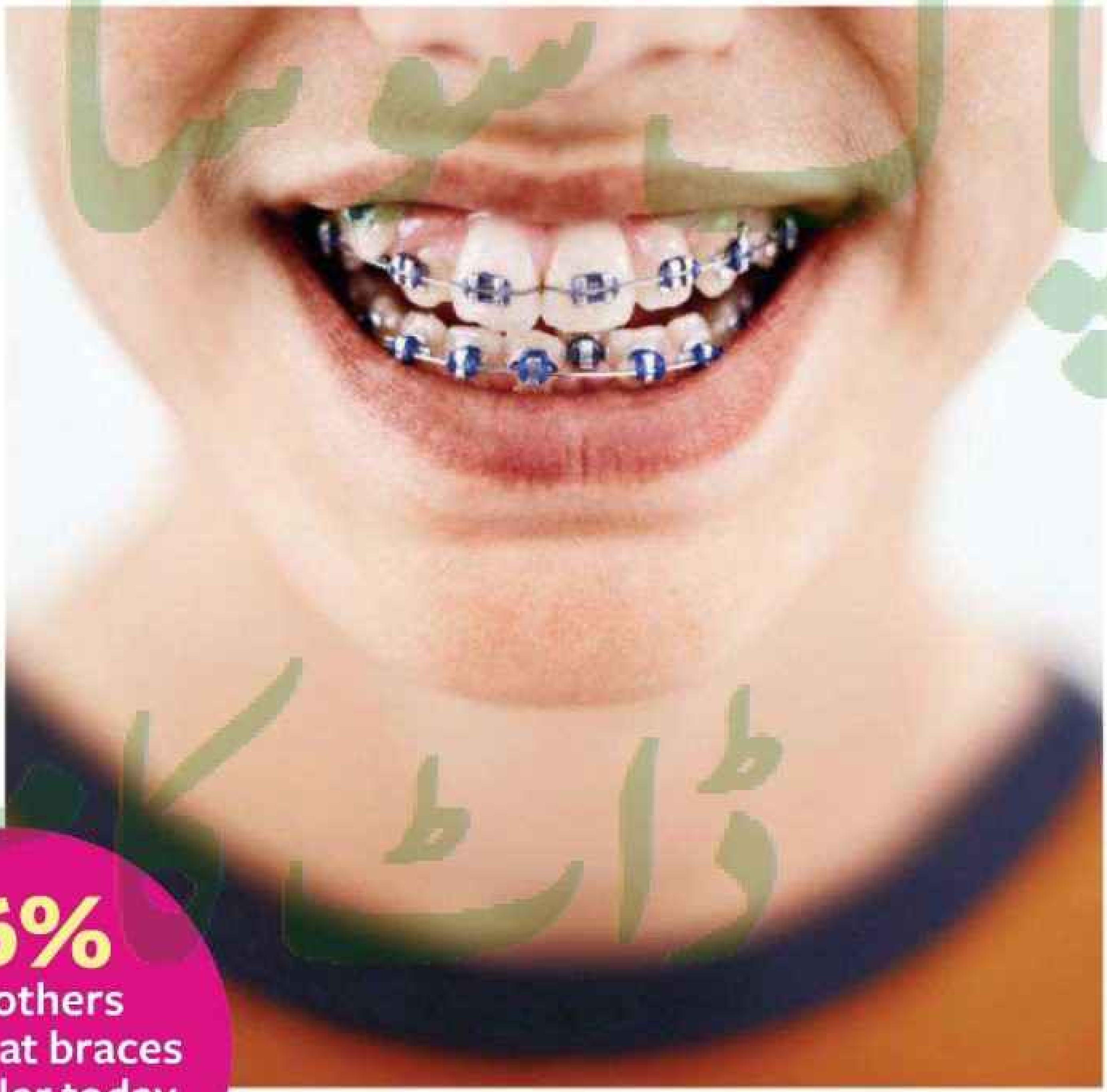
CURATED AND CONDENSED

Random Ideas from All Over



More metal mouths. Today's teens are opting for braces even if their grins are good to go. Dr. Paul Siu, a Manhattan dentist, is fitting straight-toothed teens with nonmovable braces just for the look. "When I've done it for one kid, all his classmates get it," he says. "There's a demand because of peer pressure to look like everyone else." (*New York Post*)

86% of mothers think that braces are cooler today than when they were kids.

The man in the mirror. Although narcissism peaks in adolescence and declines with age, psychologist Frederick Stinson conducted interviews with 34,653 adults and found that across their lifespan, men are more narcissistic than women. (Source: psychologytoday.com)

A new kind of blind date. Dans le Noir, a new chain restaurant from France, recently opened in New York City and caters to hungry foodies looking for a new sensory experience. A blind waitstaff is trained to serve meals in a dining room that's pitch-black, a state that reportedly intensifies the flavor of food.

Alison Caporimo

NOTABLE QUOTE

"We live in an age that worships attention ... which can inhibit imagination. Insight arrives only after you stop looking for it."

JONAH LEHRER, *IMAGINE: HOW CREATIVITY WORKS* (HOUGHTON MIFFLIN HARCOURT, $26)

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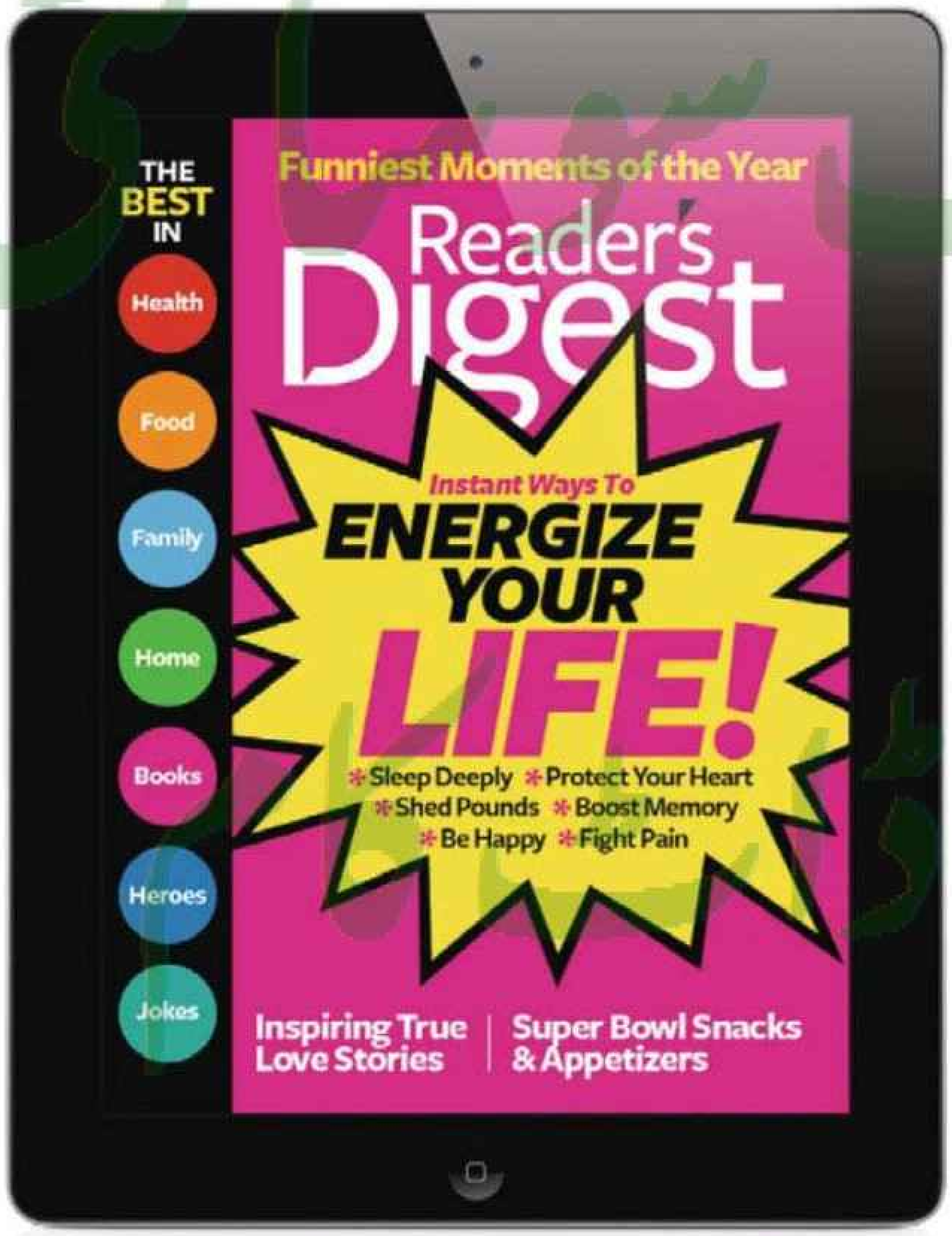

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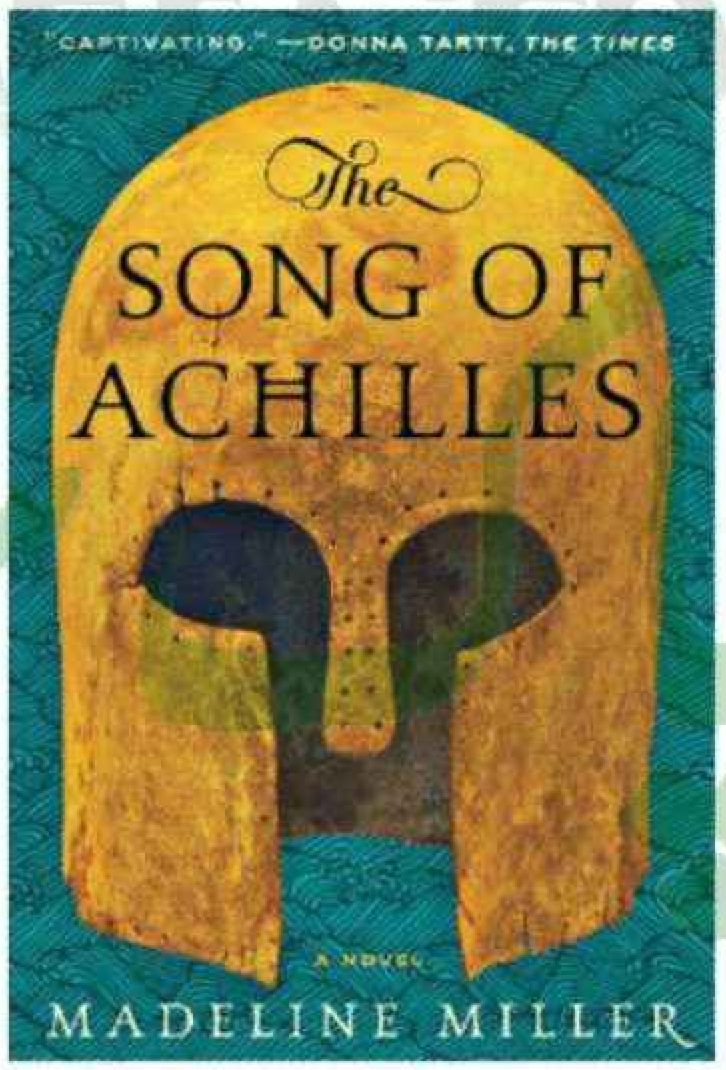
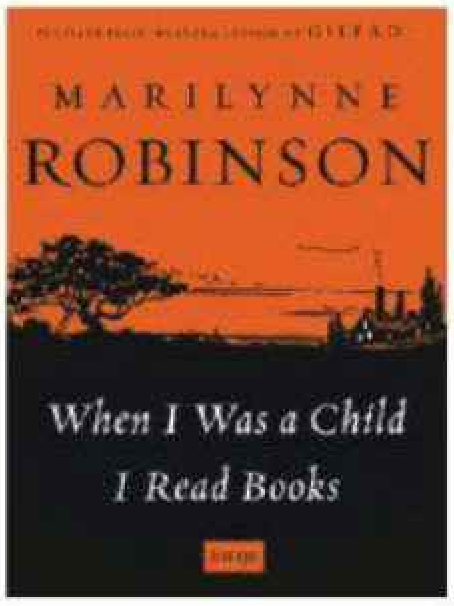
Mini Book Excerpts



Novel

He did not find out until the wedding that she was simple. Her father had been scrupulous about keeping her veiled until the ceremony, and my father had humored him. If she were ugly, there were always slave girls and serving boys. When at last they pulled off the veil, they say my mother smiled. That was how they knew she was quite stupid. Brides did not smile.

The Song of Achilles **by Madeline Miller (Ecco, $25.99)**

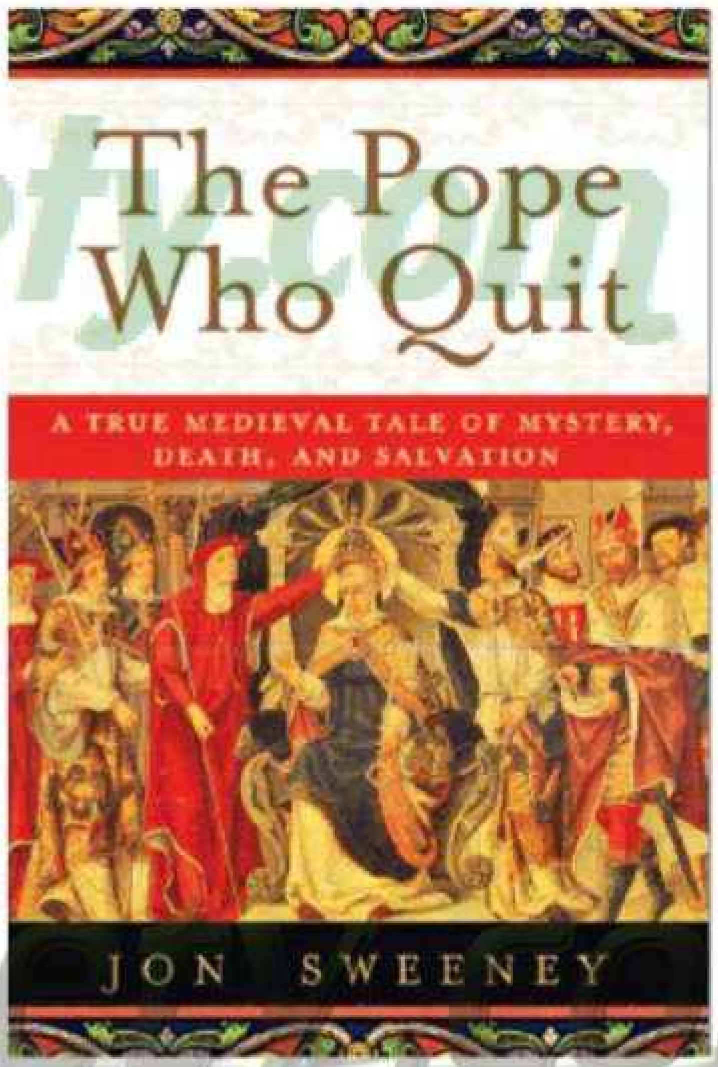


Essays

It is very much in the gift of the community to enrich individual lives, and it is in the gift of any individual to enlarge and enrich community.

The great truth that is too often forgotten is that it is in the nature of people to do good to one another.

When I Was a Child I Read Books **By Marilynne Robinson (Farrar, Strauss and Giroux, $26)**



History

The people of the Middle Ages were obsessed with salvation, with the fate of their souls and bodies after life on earth was over. Perhaps this has been true of every people in every era everywhere, but it was especially true of thirteenth-century men and women.

Wandering preachers would expound on a verse ... while holding up skulls for their crowd's inspection.

The Pope Who Quit **by Jon Sweeney (Image Books, $14)**

To read selections from five of these books on your iPad or Kindle Fire, download the *Reader's Digest* app.

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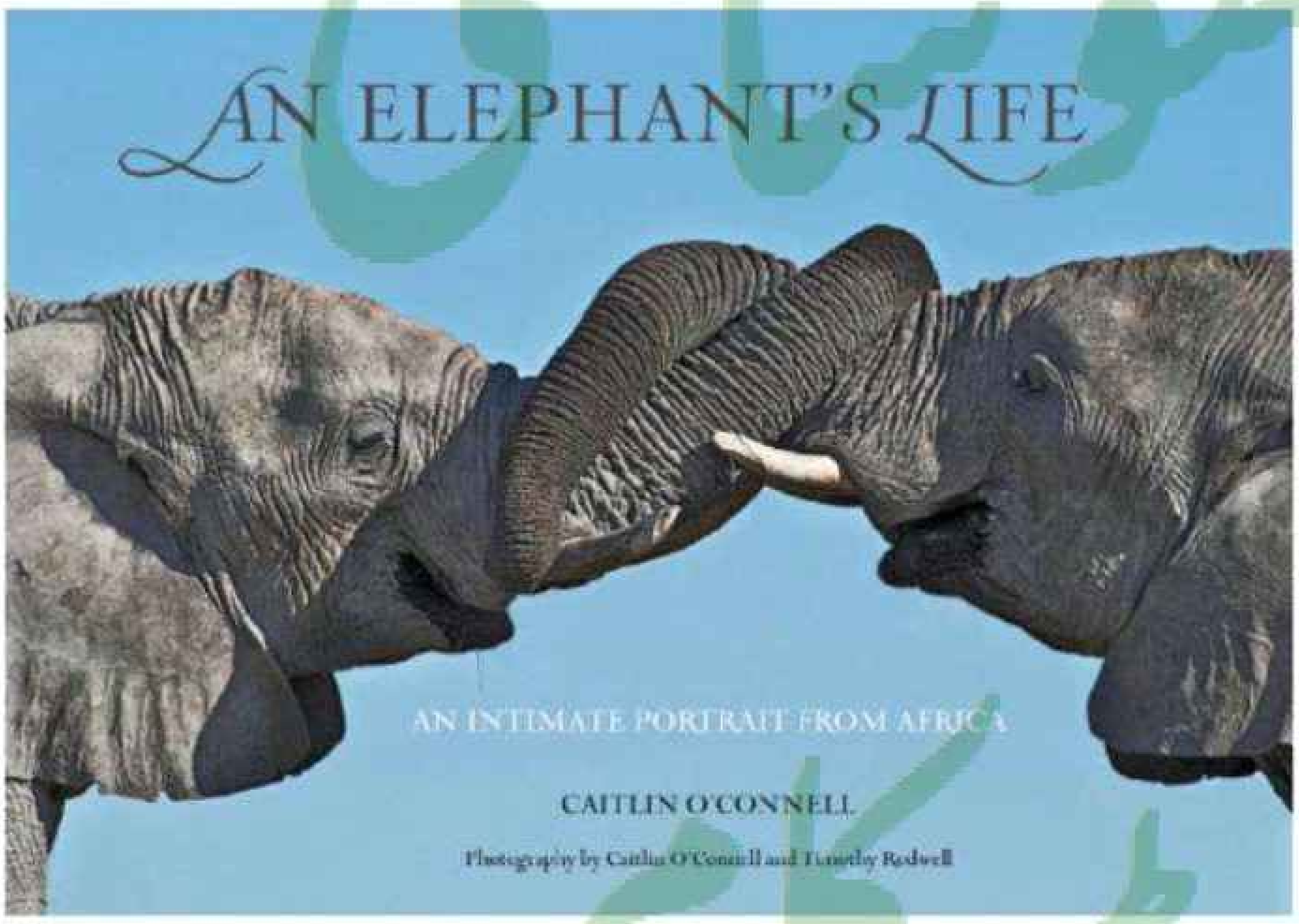
Nature

The trunk-to-mouth greeting is a gesture of acknowledgment, mutual respect, and—from a younger elephant to an older elephant—maybe even a sign of reverence.

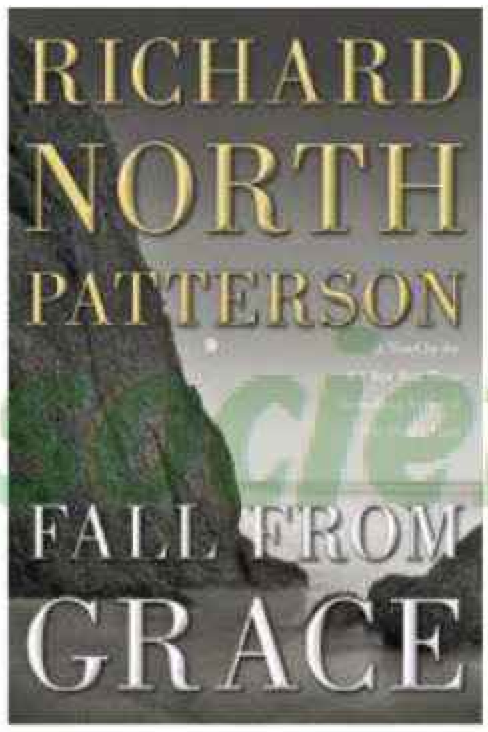
An Elephant's Life **by Caitlin O'Connell (Lyons Press, $29.95)**

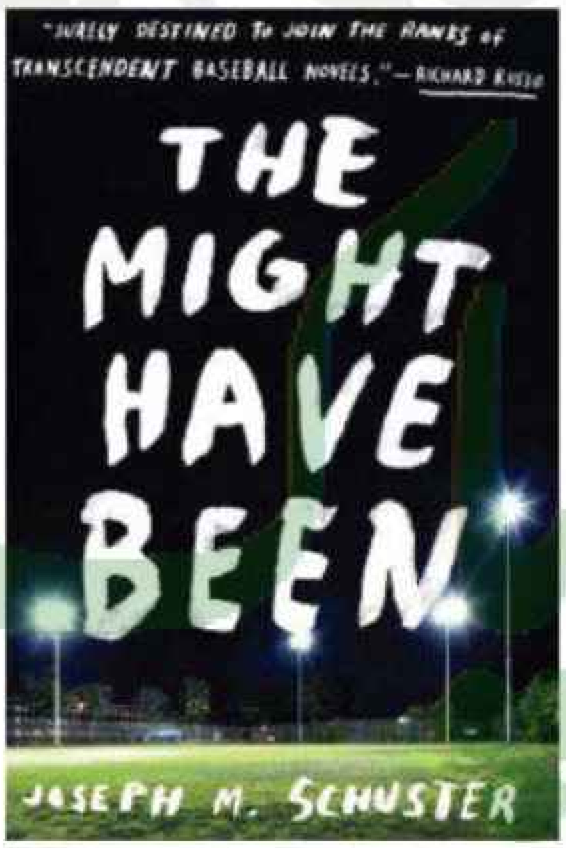


Thriller

Suddenly, Hanley's expression held the merciless bleakness of a recording angel. "You know what I'm asking. Was there something about Ben, even ten years back, that might provoke someone to consider killing him?"

Fall from Grace **by Richard North Patterson (Scribner, $26)**





Novel

A long while later—after the accident that would shape his life in ways he wouldn't understand for decades—Edward Everett Yates would feel sorry for the naive young man he was then, the one who mistook that summer as a reward for the many years of faith and perseverance.

The Might Have Been **by Joseph M. Schuster (Ballantine, $25)**

OF NOTE

- ***If Walls Could Talk: An Intimate History of the Home*** **by Lucy Worsely (Walker & Company, $27)** A fascinating look at how our houses—and habits—have evolved.
- ***The Vanishers*** **by Heidi Julavits (Doubleday, $25.95)** A brilliantly inventive novel about a young woman and her jealous psychic mentor.

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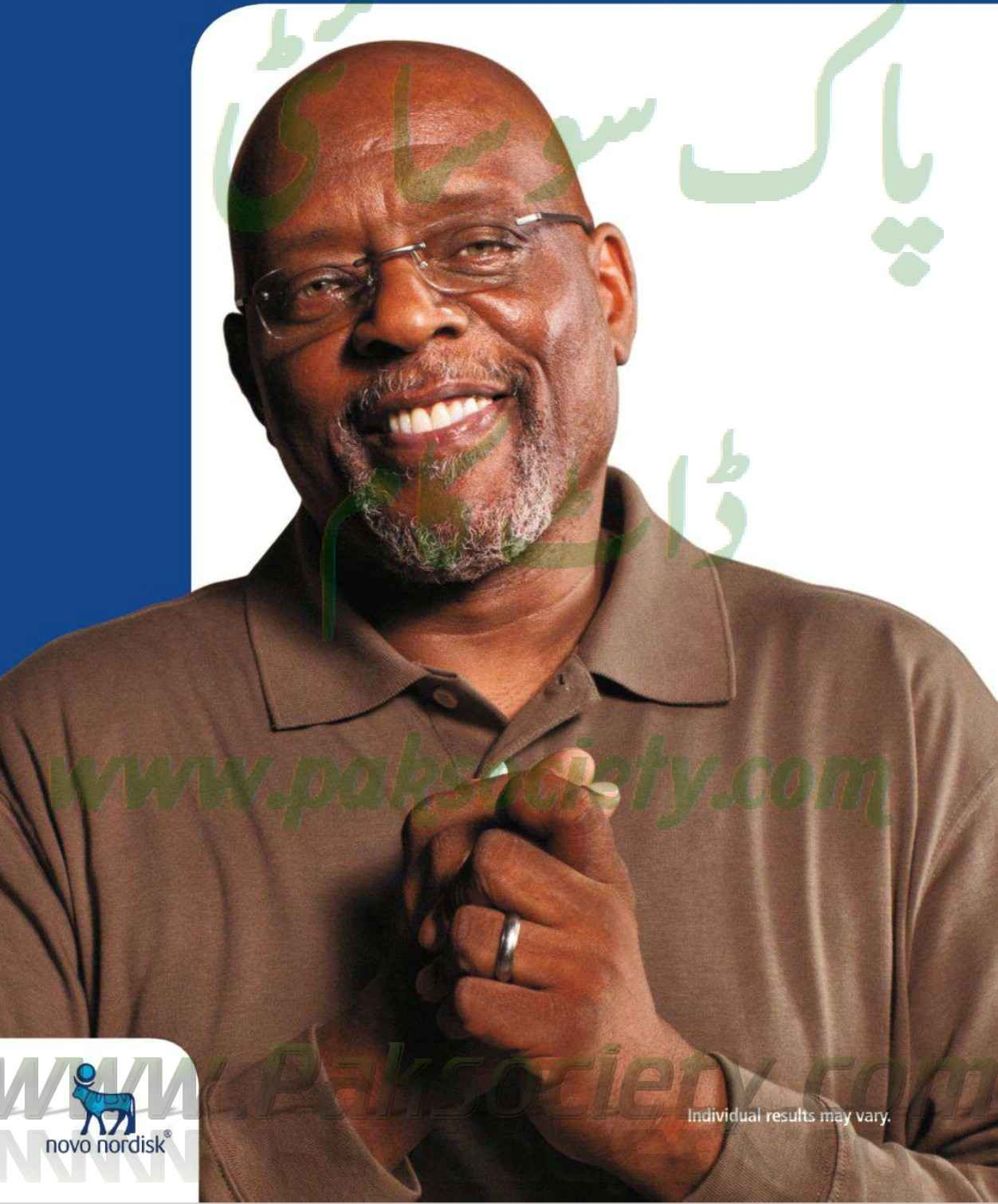

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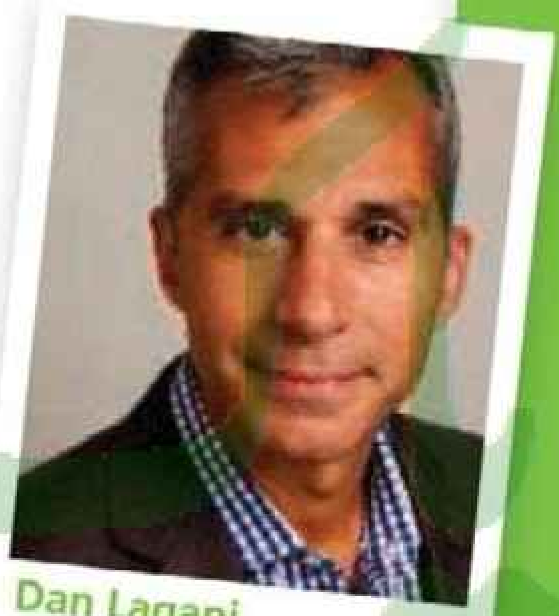

Dan Lagani
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Throughout 2012 Reader's Digest and our healthcare partner Humana will bring you the results of our **Humana Reader's Digest Healthy Habits Survey:** a yearlong national poll to learn the secrets of the healthiest Americans.

We'll report on the findings beginning next month and in every issue this year. Our first installment in the April issue will begin with some of the most important steps you can take to immediately improve your health. To get a preview, take the first part of our survey online and see how your health habits match up. Just go to: **ReadersDigest.com/habits** beginning March 1. And, you can start living healthier right now with the wellbeing tips on the following pages.

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Five Ways... To a Better Night's Sleep

From Reader's Digest Healthy Living book series

Sleep is how your mind and body reboots and refreshes. But when you don't have enough shut-eye, you run the risk of depression, becoming more sensitive to pain, and compromising concentration and memory. To ward off potential health concerns and stay awake the next day, shoot for seven to eight hours of sleep a night.

Here are the best ways to nod off:

1. **Listen to music.** Forty-five minutes of relaxing tunes leads to faster, more refreshing sleep.
2. **Make over your bedroom.** Ban clutter, TV, cell phones, and computers from your sleeping environment.
3. **Exercise in the afternoon.** Your body will respond with a lower temperature at bedtime.
4. **Transition to snoozing.** A regular before-bed routine prepares your mind for sleep.
5. **Pick the right pillow.** Natural-fiber pillows resist heat to keep your head cool.

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Five Ways...To Prevent Disease

From Reader's Digest Healthy Living book series

There's a straight line from some simple lifestyle choices to living longer and healthier. For example, a 2008 study of more than 2,000 men found that those who didn't smoke, weren't overweight, exercised regularly, and drank alcohol in moderation lived an average of 10 years longer than those who didn't fit one of those descriptions.

To help protect yourself from diseases, follow these tips:

1. **Eat more fruits and veggies.** The disease-preventing minimum: Five servings a day.
2. **Cut saturated fat.** Aim for just 7 percent of your calories from saturated fat.
3. **Manage stress.** Research shows that merely being around friends can improve your brain's biochemistry.
4. **Sleep 7 – 8 hours a night.** Start relaxing for bed a half hour before lights-out.
5. **Exercise 30 minutes most days.** Light activity, like three 10-minute walks, counts.

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Five Ways...To a Healthier Diet

From Reader's Digest Healthy Living book series

Eating healthier isn't as hard as you might think. Often, it's just a matter of a few little swaps here and there. What you'll give up with these swaps are calories, fat, and cholesterol.

Here are some easy and healthy swaps:

1. **Fresh produce for fries.** Half a cup of broccoli has one-tenth the calories of a small order of fries.
2. **Olive oil for butter.** Two tablespoons of olive oil a day can lower cholesterol.
3. **Salmon for steak.** Eating two servings of fish a week can reduce or lower heart attack risk.
4. **Whole-grain toast for bagels.** High-fiber, low-in-sugar toast helps avoid energy-sapping carb crashes.
5. **Flavored seltzer for soda.** Drinking one diet soda a day increases heart attack risk.

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Five Ways...To Boost Energy

From Reader's Digest Healthy Living book series

Ever look at children and wonder where they get all that energy? That power source doesn't just come with youth. What you eat and drink determines how energetic you feel. The good news: You can control the daily flow of your energy with some simple, easy-to-follow tips.

To boost your energy, try one of these tips:

1. **Nurse coffee.** Best java strategy: Sip more frequent, quarter cups.
2. **Chill out.** Two glasses of icy water rehydrates and refreshes.
3. **Breathe deep.** Tighten then relax muscles as you inhale and exhale deeply five times.
4. **Walk with gratitude.** Focus on things you're thankful for during a 10-minute stroll.
5. **Graze all day.** Eating about every four hours keeps energy flow constant.

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Five Ways...To Boost Your Mood

From Reader's Digest Healthy Living book series

Every once in a while, you'll feel down in the dumps. It's normal. But there's no reason to stay there. By making some smart moves to improve your physical and mental state when the road gets bumpy, you can pick yourself up.

Here are five ways to beat the blues:

1. **Soak up sunshine.** The vitamin D your body makes from sunshine naturally enhances your mood.

2. **Snack on chocolate.** An ounce of dark chocolate can interact with the brain's chemicals to boost good feelings.

3. **Eat fish.** Research shows that salmon and other fish high in omega-3s can boost mood.

4. **Giggle more.** Phony laughs can be as good as the real deal and spark mood-lifting brain chemicals.

5. **Sweat to smile.** Exercise releases feel-good chemicals. Ten minutes may be enough.

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Hometown Heroes

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The Most Valuable Player

- **Who:** Allan Guei, 19
- **What:** Helping kids go to college
- **Where:** Los Angeles, California

On the morning of his 2011 graduation from Compton High School in Los Angeles, 18-year-old Allan Guei gathered seven of his classmates together. They had no idea what was coming. Guei, a star on the basketball team, announced he was giving away the $40,000 in scholarship money he'd won in a competition and was dividing it equally among them.

The room filled with whoops and cheers. The small crowd of young men and women hoisted Guei into the air and hugged him again and again. "Everyone went mad with excitement," he says. "They were shocked that I would do something like that for them."

In November 2000, Guei's family moved from the Ivory Coast to the United States, and he immediately took up basketball. "When I first came to California, the Lakers were winning; it was the Kobe Bryant,

"I figured, I'm already going to college for free," says Guei. "Why not give the money to others?"

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PHOTOGRAPHED BY LORI STOLL

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Shaquille O'Neal era," he recalls. "I just fell in love with the game."

A few years later, he was playing for Coach Tony Thomas as the star point guard for the Compton High Tarbabes. Then, in March of his senior year, he entered a free-throw competition at the school, and the town saw just how big a team player Guei really is—both on and off the court.

"I was one of the final four, but I didn't shoot that well," says the basketball star. "I was nervous!"

The competition, backed by Court Crandall, an advertising executive and documentary filmmaker, allowed any student at the school with a grade point average higher than 3.0 to vie for the chance to compete for a $40,000 grand prize. With a 3.5 GPA, Guei was the only player on his basketball team to qualify. In the first round, each of the eight contestants took ten shots, and the top four shooters advanced. "I was one of the final four, but I actually didn't shoot that well," Guei says. "I was nervous!" In the second round, however, he sunk the winning shot. He went home with the grand prize, and all seven runners-up were given grants of more than $5,000 for participating.

A few months later, Guei was offered a full athletic scholarship to California State University, Northridge, and he had an idea. "I could have kept the prize money, but I was already going to college for free," Guei says. "I knew the others were going to have a lot of difficulty paying for school. They needed it for their futures, so I just decided to give it away."

After a few phone calls, Guei learned that he could divvy up the prize money in any way he saw fit. With Guei's gift in addition to the tuition money that they had already received from the competition, each of his fellow contestants had a windfall of about $11,000 for college, helping them achieve their dreams of a higher education.

Now wearing No. 25 on Northridge's Matadors basketball team, Guei has little time for anything but training and studying, though he keeps in touch with most of the runners-up through Facebook. One even lives in his dorm. "I know those kids. Whatever they decide to do in life is going to be something positive," he says. "It was just the right thing to do."

As for his own future, Guei, a freshman, is still learning from his coaches, "but don't be surprised if you see me starting," he says confidently. "I work really hard at everything I do." He pauses for a moment, then adds, "But whatever happens in my future, I'm just happy that I was able to help somebody else along the way."

Natalie van der Meer

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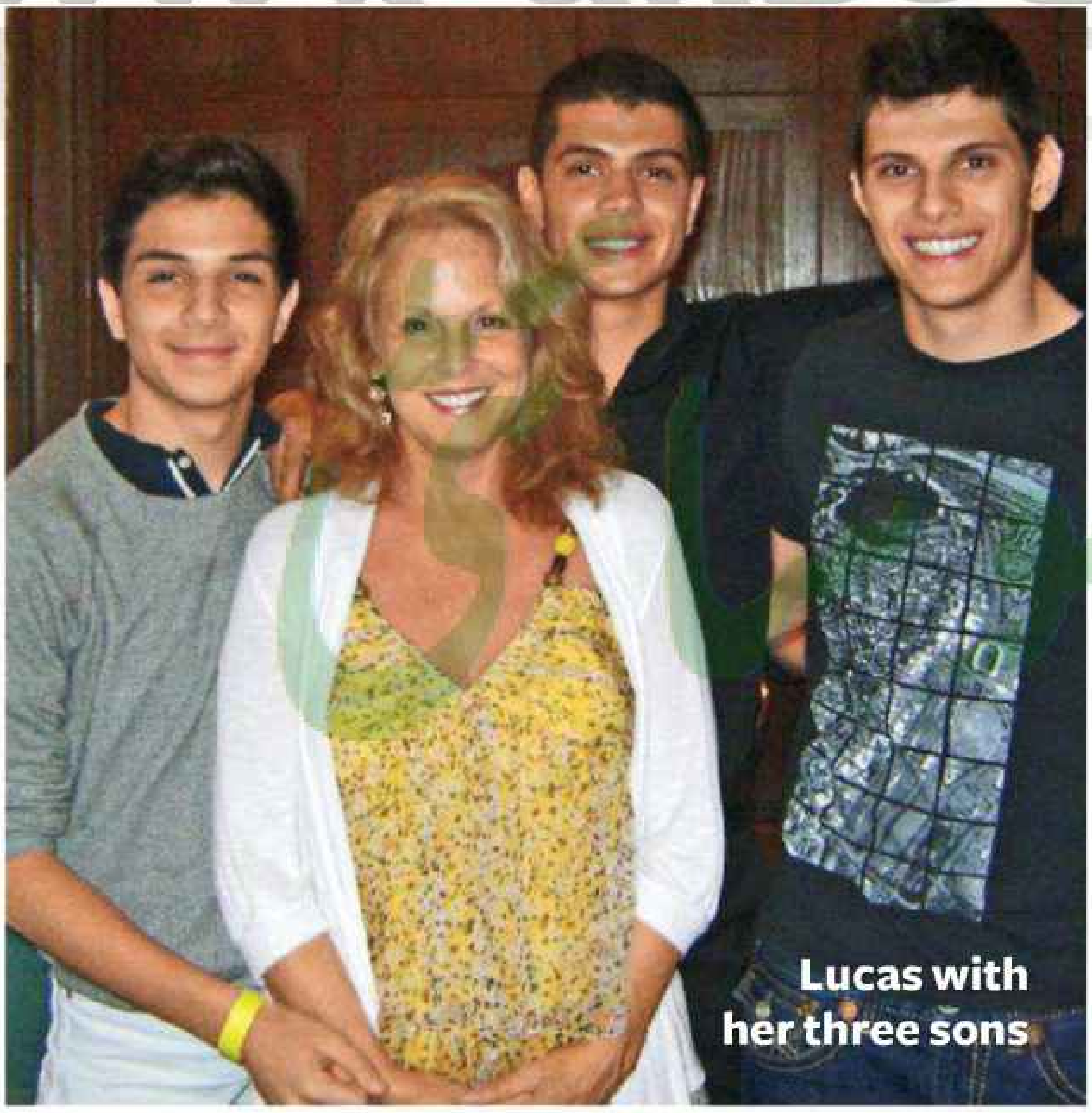
Lucas with her three sons

International Angel

- **Who:** Paula Lucas, 53
- **What:** Americans Overseas Domestic Violence Crisis Center (AODVCC)
- **Where:** Portland, Oregon

In 1999, Paula Lucas stood before an officer at the American Embassy in Abu Dhabi and detailed the abuses—the punches and slaps, the withering criticisms, the psychological manipulations—she and her three children had endured at the hands of her Lebanese-born husband. But she was trapped: In the United Arab Emirates (UAE), beating up your wife and kids is not illegal. To her horror, the officer told her the embassy could not protect her. "I was naive," says Lucas, who grew up in California. "I thought my American freedoms would travel with me."

Facing huge obstacles, Lucas plotted her and her sons' escape. While her husband was out of town, she forged his permission for their travel (a requirement in the UAE) and a check in his name (she had no access to her own money) to cover their expenses and stole back to the States. She settled in Oregon, living off welfare checks, and, after her husband tracked her down, fought a protracted custody battle, which she won.

All the while, she nursed a dream: to ease the ordeals of other battered women living overseas. In 2001, she started Americans Overseas Domestic Violence Crisis Center with help from a few small contributions from donors. In 2010, the Department of Justice stepped up with substantial funding. With a toll-free hotline in 175 countries, AODVCC now supports hundreds of American families in more than 67 countries with counseling, travel assistance, legal services, and relocation costs. Today, at least one family returns safely to the United States each month with Lucas's help.

"We need to make women aware of the obstacles if they find themselves in an abusive situation," says Lucas, now remarried. "I was one of the lucky ones." *Melba Newsome*

To read more about AODVCC, visit 866uswomen.org.

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- Have or had depression, suicidal thoughts or behavior
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IMPORTANT FACTS ABOUT Pristiq® desvenlafaxine EXTENDED-RELEASE TABLETS

(pris•teek')
Pristiq® - (desvenlafaxine) Extended-Release Tablets

Read the Medication Guide that comes with you or your family member's antidepressant medicine. Talk to your, or your family member's, healthcare provider about:

- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.

2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.

3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- trouble sleeping (insomnia)
- attempts to commit suicide
- new or worse depression
- acting aggressive, being angry or violent
- new or worse anxiety
- acting on dangerous impulses
- feeling very agitated or restless
- an extreme increase in activity and talking (mania)
- panic attacks
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

Important Information about Pristiq

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

What is Pristiq?

- Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).
- Pristiq is not approved for use in children and adolescents.

Who should not take Pristiq?

Do not take Pristiq if you:

- are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
- currently take, or have taken within the last 14 days, any medicine known as an MAOI. Taking an MAOI with certain other medicines, including Pristiq, can cause serious or even life-threatening side effects. Also, you must wait at least 7 days after you stop taking Pristiq before you take any MAOI.

What should I tell my healthcare provider before taking Pristiq?

Tell your healthcare provider about all your medical conditions, including if you:

- have high blood pressure
- have heart problems
- have high cholesterol or high triglycerides
- history of stroke
- have or had depression, suicidal thoughts or behavior
- have glaucoma
- have kidney problems
- have liver problems
- have or had bleeding problems
- have or had seizures or convulsions
- have mania or bipolar disorder
- have low sodium levels in your blood
- are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
- are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions

Rare, but potentially life-threatening,

Based on PI LAB-045230 PQP00597A

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conditions called serotonin syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions can happen when medicines such as Pristiq are taken with certain other medicines. Serotonin syndrome or NMS-like reactions can cause serious changes in how your brain, muscles, heart and blood vessels, and digestive system work.

Especially tell your healthcare provider if you take the following:

- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic)
- tryptophan supplements
- silbutramine
- tramadol
- medicines used to treat mood, anxiety, psychotic, or thought disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs),) or serotonin norepinephrine reuptake inhibitors (SNRIs), antipsychotic drugs, or other dopamine antagonists, such as metoclopramide

Ask your healthcare provider if you are not sure whether you are taking any of these medicines. Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

Pristiq contains the medicine desvenlafaxine. Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.

Switching from other antidepressants

Side effects from discontinuing antidepressant medication have occurred when patients switched from other antidepressants, including venlafaxine, to Pristiq. Your doctor may gradually reduce the dose of your initial antidepressant medication to help reduce these side effects.

What should I avoid while taking Pristiq?

- Do not drive a car or operate machinery until you know how Pristiq affects you.
- Avoid drinking alcohol while taking Pristiq.

What are the possible side effects of Pristiq?

Pristiq can cause serious side effects, including:

- **See the beginning of this page.**
- **Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions. See "What should I tell my healthcare provider before taking Pristiq?"**

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:

- restlessness
- hallucinations (seeing and hearing things that are not real)
- coma
- nausea
- vomiting
- confusion
- increase in blood pressure
- diarrhea
- loss of coordination
- fast heart beat
- increased body temperature
- muscle stiffness

Pristiq may also cause other serious side effects including:

- **New or worsened high blood pressure (hypertension).** Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.
- **Abnormal bleeding or bruising.** Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.
- **Glaucoma (increased eye pressure)**
- **Increased cholesterol and triglyceride levels in your blood**
- **Symptoms when stopping Pristiq (discontinuation symptoms).**

Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include:

- dizziness
- abnormal dreams
- nausea
- tiredness
- headache
- irritability
- diarrhea
- sleeping problems (insomnia)
- sweating
- anxiety

- **Seizures (convulsions)**
- **Low sodium levels in your blood.**

Symptoms of this may include headache, difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal.

- **Allergic reactions.** Some reactions can be severe such as swelling beneath the skin (e.g., throat, face, hands). Contact your healthcare provider if you think you have any of these side effects.

Common side effects with Pristiq include:

- nausea
- diarrhea
- headache
- vomiting
- dry mouth
- loss of appetite
- sweating
- sleepiness
- tiredness
- insomnia
- decreased sex drive
- constipation
- delayed orgasm and ejaculation
- anxiety
- tremor
- feeling that your surroundings are spinning or moving
- dizziness
- dilated pupils

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. For more information on these and other side effects associated with Pristiq, talk to your healthcare provider, visit our web site at www.pristiq.com or call our toll-free number 1-888-Pristiq.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Contact Information

Please visit our web site at www.pristiq.com, or call our toll-free number 1-888-Pristiq to receive more information. This product's label may have been updated. For current package insert and further product information, please visit www.pfizer.com or call our medical communications department toll-free at 1-800-934-5556.

Uninsured? Need help paying for Pfizer medicines?
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Ask Laskas

JEANNE MARIE LASKAS

Sound Off, Sister

I have been best friends with the same person since first grade. Lately, whenever we go to a movie, she causes quite a ruckus. She'll cry hysterically at anything sad, and she makes comments in a voice that's hardly a whisper. She often gives a standing ovation at the end of the film. We always get weird looks from other audience members. How do I tell her how much this behavior bothers me without offending her and putting a strain on our friendship? *Looking for Peace*

Dear Looking,
If she's a friend who has lasted the test of time, you can certainly be blunt. Do it with humor. "Girlfriend, going to the movies with you is like going to church with an elephant. You're too loud!" Remind her of theater etiquette: People at shows have come for the show, not to be amused by her. The loud comments are nonnegotiable. Next time she does it, you say "Shhhh." Crying? Can she cry softer? Maybe. Frankly, I think you're on thin ice with that request, and if I were the friend, I would probably not want to go to the movies with you anymore. Applauding after a movie disturbs no one's viewing experience, and if you can't stand that, you should definitely go to the movies with someone else next time.

Jeanne Marie Laskas is not a shrink, but she does have uncommon sense.

ILLUSTRATED BY ISTVAN BANYAI; FRANK VERONSKY

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Political Discord

My boss constantly brings up conversations about his political and religious views, which are the opposite of mine. I try to send signals that I'm not interested in such conversation, yet he persists. How can I get him to stop? Opposites Unattractive

Dear Opposites,
You can't stop an insensitive blowhard, especially if you work for him, but you can slow him down. Do some reconnaissance work: Does he have a favorite sport or hobby? A famous city he likes to travel to? Next time he launches into church- or congress-speak, look bored. Look down. Stare at your fingernails and choose one of them to chomp on. Let out a huge, audible sigh, and say "So how about that [insert sports team, hobby, or famous city]?"

Missing Dad

My parents divorced about ten years ago but have remained close friends, which I've always felt grateful for. Recently, my mom met a really nice guy, and they now have a steady relationship. I'm happy for her, but she no longer wants my dad to participate in any family gatherings. I'm a teenager, and I see my dad only every other weekend. I'm worried we will drift apart. Shared Kid

Dear Shared,
Your mom has the right to make adjustments in her personal life to suit changing circumstances. You and your dad are in charge of the relationship the two of you have. Perhaps you could increase the frequency or length of your visits. It's time for you to come to know your parents as individuals who love you and take care of you but are no longer involved in each other's lives.

Modern Manners

I forgot to invite my cousin to my 50th birthday party. I don't have a good excuse. Whenever I thought about inviting her, I would be busy at that moment—and then would forget. I know I should call, but what do I say? "I meant to invite you, but then for one reason or another, I didn't." Would that be more insensitive? I want to do the right thing.

If you want to preserve this relationship, you've got to stop running from your stupid mistake and clean it up. Make a joke. Tell her that turning 50 has brought with it your first senior moment and forgetting her was it. If you two have a real friendship, then she'll lick her wounds and forgive you. If not—if she's always looking for you to trip up and disappoint her—well, she just won, and this friendship is a goner. Cousins don't have to be friends, but they do need to respect each other's feelings. Try harder next time with this one.

Send questions about manners, parents, partners, or office politics to advice@readersdigest.com. Sending gives us permission to edit and publish.

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Out of the Fire, into the Fryer

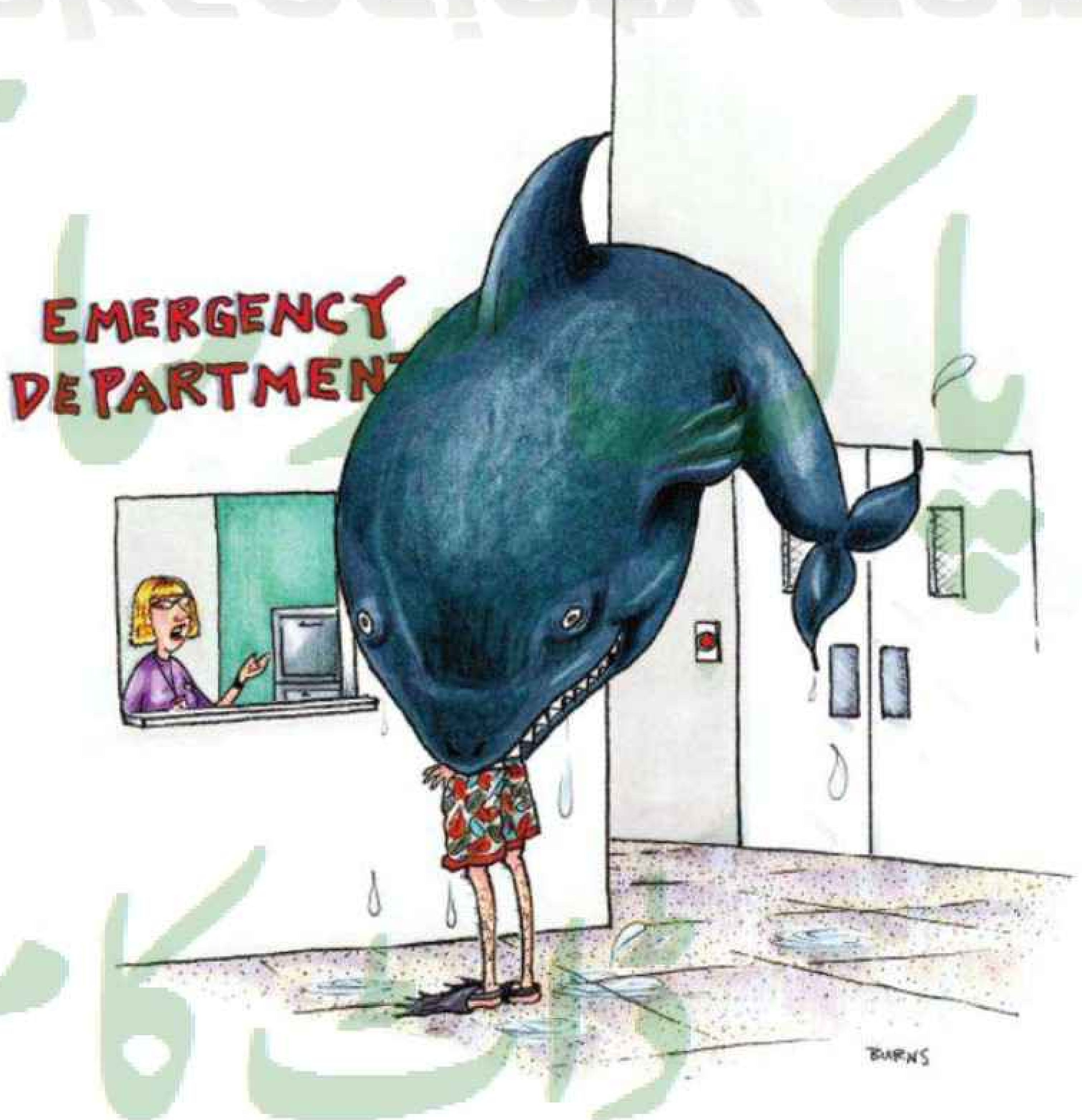
My first job was at a fine-dining establishment. On the night we ran out of french fries, my boss handed me $100 and told me to run to the McDonald's next door and get $100 worth of fries. But when I came back with two huge greasy sacks, my boss looked confused.

"What's this?" she asked.

"The $100 worth of fries you asked for," I said.

Her eyes narrowed. "I told you $100 in *fives*!"

Kelly Semb, Sussex, Wisconsin



"... and could I just see your insurance card."

ILLUSTRATED BY TERESA PARKHURST BURNS

Oh, Now I Get It

My boss tried to explain to me why a coworker got a bigger title and salary than I did.

Boss: "You get things done, but he has vision."

Me: "But he doesn't do anything."

Boss: "Right. That's why we need you here."

From cuteorhr.com

Gun Ho!

A while back, I made a traffic stop on an elderly woman. As she looked for her driver's license, I noticed her conceal-carry permit.

"Do you have a weapon in your possession at this time?" I asked.

"Yes, a .45 automatic in the glove box," she said.

"Do you have any other firearms?"

"A 9mm Glock in the center console."

"Is that all?"

Diners will be forgiven if they don't rush to Guiterrez, our local eatery. The restaurant's ad promotes its takeout service as "Gutz2Go."

Fran Swisher, Salina, Kansas

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Stupid Business Tricks

Whatta Deal
As I was browsing through the e-mails sent by a social-networking site, one in particular stood out. It was an ad that read "For Sale: Genuine Imitations of Luxury Watches."

Submitted by *Emily Anne T. Aquino,* Philippines

Hood-Winked
An ice-cream parlor in Ocala, Florida, dressed a worker as a vanilla ice-cream cone and placed him outside with a sign. The marketing scheme backfired when irate customers mistook the mascot for a Ku Klux Klan protester. Source: ocala.com

Good Heads-Up
After purchasing lumber, I read the warning on the receipt. It confirmed what I already knew—I was happy to be married. The receipt read: "Handling may cause spinsters."

Submitted by *Diane Slaughter,* Charleston, West Virginia

"And a .38 Special in my purse," she admitted.

I smiled. "What are you so afraid of?"

Looking me right in the eye, she said, "Not a damn thing."

From masscops.com, submitted by *Patrick Irick,* Centralia, Washington

Don't Call Us, We'll Call You

When my sister applied for a job as a flight attendant, she was asked a battery of personal questions, including "Have you ever had a moving violation?"

"Yes," she answered. "I was evicted two years ago."

Margaret Symington, Harrison Township, Michigan

The Dog Ate My Clock

Four actual—but less than plausible—excuses for missing work:

- Employee got a cold from a puppy.
- Employee had a headache after going to too many garage sales.
- Employee was in line at a coffee shop when a delivery truck backed up and dumped flour into her convertible.
- Employee said a deer bit him during hunting season.

Justin Thompson, from theworkbuzz.com

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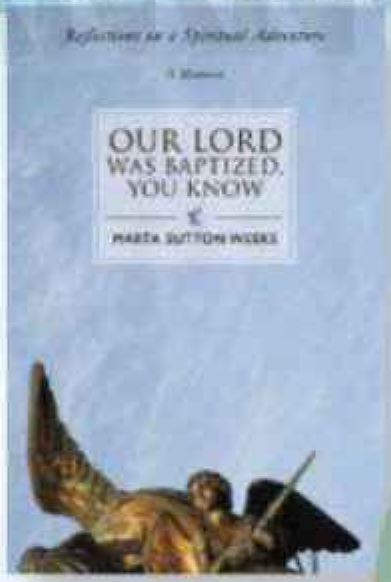
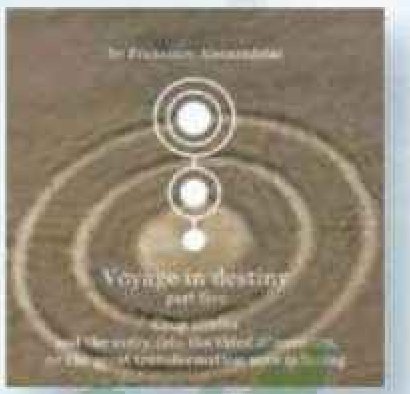


Our Lord Was Baptized, You Know: Reflections on a Spiritual Adventure

Marta Weeks

Softcover - 9780595405015
Ebook - 9780595848683

In this inspirational religious memoir, Marta Weeks, an ordinary person with a few extraordinary experiences and challenges, shows how she became a cleric in the Episcopal Church at a time when many in the clergy did not welcome females. Weeks invites you along on her spiritual journey.

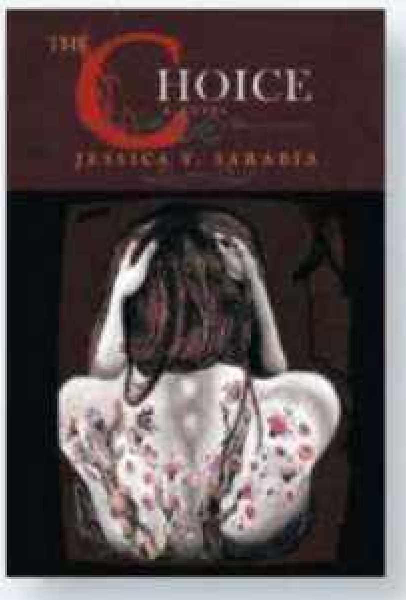


Voyage in Destiny — Part Five: Crop Circles and the Entry into the Third Dimension, or the Great Transformation Man is Facing

Francesco Alessandrini

Softcover - 9781456786731

What are crop circles? Who makes them? And why? In *Voyage in Destiny — Part Five*, Francesco Alessandrini examines the phenomenon, and offers his interpretation of their meaning. Seen through the prism of his spirituality, crop circles send a message which Alessandrini believes forecast a phase of great transformation for mankind.

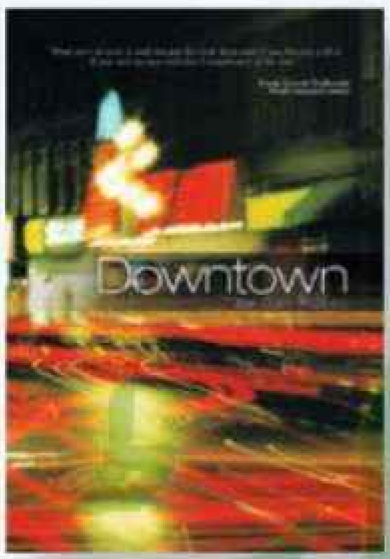


The Choice

Jessica Y. Sarabia

Softcover - 9781462025817
Hardcover - 9781462025824
Ebook - 9781462025831

Eva's rare, degenerative health condition promises she will never live a normal life. Despite her limitations, E attends college and pursues her dream of becoming a doctor. Everything changes when doctors discover something about Eva: not only can her cells cure cancer, but they can prolong life.

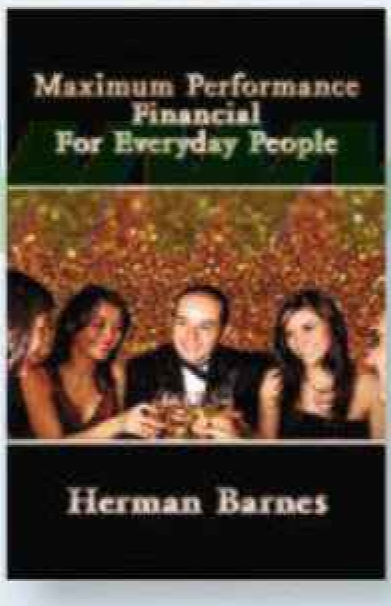


Downtown

Dan Russo

Softcover - 9781462034666
Hardcover - 9781462034673
Ebook - 9781462034680

In his new memoir, Dan Russo reveals the many complexities of his sexual identity. Downtown offers a profoundly honest, chronological portrayal of one man's coming-of-age journey through both the bright and dark sides of life as he eventually discovers his own way to bring good to a troubled world.

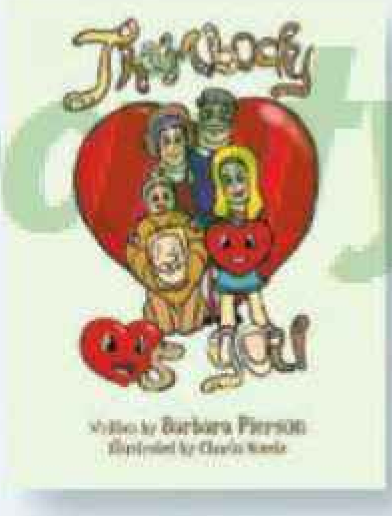


Maximum Performance Financial For Everyday People

Herman Barnes

Softcover - 9781434344229

It's not how much you make, but what you do with the money you make that counts. This book reveals the key to overcoming fear, procrastination, or any other negative thing that stops you from being successful.
There are going to be setbacks; with determination and persistence they will be overcome.



Thumbody Loves You

Barbara Pierson

Softcover - 9781425131012

Meet Miss Thumb One, Pop Thumbody, Mother Thumbody and the rest of the colorful characters from the little town of Ashthumbula. When a school project kicks into gear, Miss Thumb One is in for quite a surprise!

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Life's Funny
That Way

Whatta Heel

I was dining in our Georgia town, when a tourist stopped by my table.

"Excuse me," he said. "But my wife loves your sandals. Did you buy them locally?"

"Yes, just down the street," I said.

"May I ask how much they cost?"

"They were $77."

"Thank you." He then hollered to his wife, "Honey, she got them in Florida."

Reba Crisp, Pine Mountain, Georgia

Observe and Report

Reflections upon everyday life:

■ Dramatically slamming a book shut upon finishing it was way more satisfying than switching my Kindle off and gently placing it on the table.

■ Why are there so many mirrors at the gym? I know what I look like. That's why I'm there.

■ Upon being told that someone has food poisoning, my second question is "Are you OK?" My first question: "Where did you eat?"

■ Dear Future Wife: The most important job you will ever have is to kill spiders for me.

■ Please don't take your shoes off when you walk into my apartment if your feet are dirtier than your flip-flops. From Aaron Karo and ruminations.com; Karo's new book is *Lexapros and Cons* (Farrar, Straus and Giroux)

Soon after texting a girl I liked, I received this response: "ERROR 3265 SWRVICE UNAVAILABLE." She never could spell.

Christopher Thompson, Ruston, Louisiana

Loud Child in Aisle Five

At the supermarket, a rambunctious child stopped

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Life Around the World

After a neighbor spotted my father and pregnant mother getting into a car, he rushed over to offer his congratulations. Assuming the man was talking about the car, Dad answered, "Thanks, but it's not mine. It's a friend's."

Jonathan Terry, Argentina

When a teacher asked my six-year-old nephew why his handwriting wasn't as neat as usual, he responded, "I'm trying a new font."

Judith Fisher, London, Great Britain

I overheard an elderly gentleman tell his friend that he couldn't meet him the next day because he had to go to the hospital for an autopsy. His friend was sympathetic: "I had one of those last year. Luckily, it wasn't serious."

Tracy Moralee, Hitchin, Great Britain

moving long enough to stare at my neck brace.

"What happened to her?" he asked his mother.

Seeing a great teaching opportunity, she replied, "Maybe she wasn't sitting down in her grocery cart!"

Harryl Hollingsworth, Denver, Colorado

Mute Court

I mentioned to an unmarried friend of mine—an attorney—that he should attend a singles mixer for lawyers. He hated the idea.

"Why," he asked, "would I want to date someone who's been trained to argue?" *August Murphy,* Pacifica, California

The Discovery Channel

My friend's wife came home to find her husband entrenched in front of the TV set, switching between a fishing show and an erotic movie. After a few minutes of back-and-forth, she offered this suggestion: "Honey, you might as well just watch the erotic movie. You already know how to fish."

Marjorie Long, St. John, Kansas

Cool Bag of Tricks

Overheard in the hospital ...

Nurse: When you get home, put ice on your eye to reduce the swelling. A bag of frozen peas works well.

Patient: We don't have frozen peas. What about canned peas?

Joseph Novara, Kalamazoo, Michigan

Fat Chance

We put our old NordicTrack on the curb with a sign that read "Free: Fun exercise machine!" By that afternoon, it was gone. But the next day, it reappeared with this note attached: "Define fun."

Anonymous, San Antonio, Texas

Your favorite new joke, funny anecdote, or crazy news story might be worth $$$. See page 99 for details.

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An important correction from BONIVA for women with postmenopausal osteoporosis

You may have seen an ad about BONIVA for the treatment and prevention of postmenopausal osteoporosis that may have given you the wrong impression. Our ads stated that "After one year on BONIVA, 9 out of 10 women stopped and reversed their bone loss." The FDA has found that there is not enough evidence to support this statement and wants us to clear up any misunderstanding you may have had about these ads and make sure you have the correct information about BONIVA.

BONIVA has not been proven to stop and reverse bone loss in 9 out of 10 women and is **not** a cure for postmenopausal osteoporosis. BONIVA has been shown to help increase bone mass and help reduce the chance of having a spinal fracture (break). We encourage all patients to discuss their treatment with their healthcare provider. Only your doctor can determine if BONIVA is right for you.

What is BONIVA?

BONIVA is a prescription medicine used to treat or prevent osteoporosis in women after menopause. BONIVA helps increase bone mass and helps reduce the chance of having a spinal fracture (break).

It is not known how long BONIVA works for the treatment and prevention of osteoporosis. You should see your doctor regularly to determine if BONIVA is still right for you.

Important Risk Information for BONIVA

You should not take BONIVA if you have certain problems with your esophagus (the tube that connects your mouth and stomach), low blood calcium, cannot sit or stand for at least 60 minutes, or are allergic to BONIVA or any of its ingredients.

BONIVA can cause serious side effects including problems with the esophagus; low blood calcium; bone, joint, or muscle pain; severe jaw bone problems; and unusual thigh bone fractures.

Before starting BONIVA, tell your doctor if you have problems with swallowing, stomach or digestive problems, have low blood calcium, plan to have dental surgery or teeth removed, or have kidney problems.

Stop taking BONIVA and tell your doctor right away if you have pain or trouble swallowing, chest pain, or severe or continuing heartburn, as these may be signs of serious upper digestive problems. Call your doctor immediately if jaw problems or hip, groin, or thigh pain develops; or if you have symptoms of low blood calcium such as spasms, twitching, cramps in your muscles, or numbness or tingling in your fingers, toes, or around your mouth.

Follow the dosing instructions for once-monthly BONIVA carefully.

The most common side effects are back pain, heartburn, stomach area pain, pain in your arms and legs, diarrhea, headache, muscle pain, and flu-like symptoms.

You are encouraged to report negative side effects of prescription drugs to the FDA at www.fda.gov/medwatch or by calling 1-800-FDA-1088.

Talk to your doctor for more information or if you have questions about your treatment.

Please read additional important risk information for BONIVA on the next page.

If you have any questions about the effectiveness or safety of BONIVA, please call Genentech at 1-800-4BONIVA or visit boniva.com.

once-monthly Boniva®
ibandronate sodium
150 mg tablet

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Medication Guide
BONIVA® [bon-EE-va] (ibandronate sodium) TABLETS

Read the Medication Guide that comes with BONIVA before you start taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or your treatment. Talk to your doctor if you have any questions about BONIVA.

What is the most important information I should know about BONIVA?

BONIVA can cause serious side effects including:

1. Esophagus problems
2. Low calcium levels in your blood (hypocalcemia)
3. Bone, joint or muscle pain
4. Severe jaw bone problems (osteonecrosis)
5. Unusual thigh bone fractures

1. Esophagus problems. Some people who take BONIVA may develop problems in the esophagus (the tube that connects the mouth and the stomach). These problems include irritation, inflammation, or ulcers of the esophagus, which may sometimes bleed.

- **It is important that you take BONIVA exactly as prescribed to help lower your chance of getting esophagus problems. (See the section "How should I take BONIVA?")**
- **Stop taking BONIVA and call your doctor right away if you get chest pain, new or worsening heartburn, or have trouble or pain when you swallow.**

2. Low calcium levels in your blood (hypocalcemia). BONIVA may lower the calcium levels in your blood. If you have low blood calcium before you start taking BONIVA, it may get worse during treatment. Your low blood calcium must be treated before you take BONIVA. Most people with low blood calcium levels do not have symptoms, but some people may have symptoms. Call your doctor right away if you have symptoms of low blood calcium such as:

- Spasms, twitches, or cramps in your muscles
- Numbness or tingling in your fingers, toes, or around your mouth

Your doctor may prescribe calcium and vitamin D to help prevent low calcium levels in your blood while you take BONIVA. Take calcium and vitamin D as your doctor tells you to.

3. Bone, joint, or muscle pain. Some people who take BONIVA develop severe bone, joint, or muscle pain.

4. Severe jaw bone problems (osteonecrosis). Severe jaw bone problems may happen when you take BONIVA. Your doctor may examine your mouth before you start BONIVA. Your doctor may tell you to see your dentist before you start BONIVA. It is important for you to practice good mouth care during treatment with BONIVA.

5. Unusual thigh bone fractures. Some people have developed unusual fractures in their thigh bone. Symptoms of a fracture may include new or unusual pain in your hip, groin, or thigh. **Call your doctor right away if you have any of these side effects.**

What is BONIVA?

BONIVA is a prescription medicine used to treat or prevent osteoporosis in women after menopause. BONIVA helps increase bone mass and helps reduce the chance of having a spinal fracture (break). It is not known how long BONIVA works for the treatment and prevention of osteoporosis. You should see your doctor regularly to determine if BONIVA is still right for you. It is not known if BONIVA is safe and effective in children.

Who should not take BONIVA?

Do not take BONIVA if you:

- Have certain problems with your esophagus, the tube that connects your mouth with your stomach
- Cannot stand or sit upright for at least 60 minutes
- Have low levels of calcium in your blood
- Are allergic to BONIVA or any of its ingredients. A list of ingredients is at the end of this leaflet.

What should I tell my doctor before taking BONIVA?

Before you start BONIVA, be sure to talk to your doctor if you:

- Have problems with swallowing
- Have stomach or digestive problems
- Have low blood calcium
- Plan to have dental surgery or teeth removed
- Have kidney problems
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome)
- Are pregnant, or plan to become pregnant. It is not known if BONIVA can harm your unborn baby.
- Are breast-feeding or plan to breast-feed. It is not known if BONIVA passes into your milk and may harm your baby.

Tell your doctor and dentist about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Certain medicines may affect how BONIVA works. Especially tell your doctor if you take:

- antacids
- aspirin

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- Nonsteroidal Anti-Inflammatory (NSAID) medicines

Know the medicines you take. Keep a list of them and show it to your doctor and pharmacist each time you get a new medicine.

How should I take BONIVA?

- Take BONIVA exactly as your doctor tells you.
- **BONIVA works only if taken on an empty stomach.**
- Take 1 BONIVA tablet **after** you get up for the day and **before** taking your first food, drink, or other medicine.
- Take BONIVA while you are sitting or standing.
- **Do not chew or suck on a tablet of BONIVA.**
- Swallow BONIVA tablet with a full glass (6-8 oz) of plain water only.
- Do **not** take BONIVA with mineral water, coffee, tea, soda, or juice.

After swallowing BONIVA tablet, wait at least 60 minutes:

- Before you lie down. You may sit, stand or walk, and do normal activities like reading.
- Before you take your first food or drink except for plain water.
- Before you take other medicines, including antacids, calcium, and other supplements and vitamins.

Do not lie down for at least 60 minutes after you take BONIVA and do not eat your first food of the day for at least 60 minutes after you take BONIVA.

- If you miss a dose of BONIVA, do not take it later in the day. Call your doctor for instructions.
- If you take too much BONIVA, call your doctor. Do not try to vomit. Do not lie down.

What are the possible side effects of BONIVA?

BONIVA may cause serious side effects.

- See **"What is the most important information I should know about BONIVA?"**

The most common side effects of BONIVA are:

- Back pain
- Heartburn
- Stomach area (abdominal) pain
- Pain in your arms and legs
- Diarrhea
- Headache
- Muscle pain
- Flu-like symptoms

You may get allergic reactions, such as hives or, in rare cases, swelling of your face, lips, tongue or throat. Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of BONIVA. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How do I store BONIVA?

- Store BONIVA at room temperature, 59°F to 86°F (15°C to 30°C).
- Keep BONIVA in a tightly closed container.

Keep BONIVA and all medicines out of the reach of children.

General information about the safe and effective use of BONIVA.

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use BONIVA for a condition for which it was not prescribed. Do not give BONIVA to other people, even if they have the same symptoms you have. It may harm them.

This Medication Guide summarizes the most important information about BONIVA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about BONIVA that is written for health professionals.

For more information, go to: www.myboniva.com or call 1-888-692-6648

What are the ingredients in BONIVA?

Active ingredient: ibandronate sodium

Inactive ingredients: lactose monohydrate, povidone, microcrystalline cellulose, crospovidone, purified stearic acid, colloidal silicon dioxide, and purified water. Tablet film coating contains: hypromellose, titanium dioxide, talc, polyethylene glycol 6000 and purified water.

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Grand-prize winner Jim Ruland with his wife, Nuvia Crisol Ruland, and daughter, Anna McKenna, on Coronado Beach, San Diego. (Page 108) Ruland as a seaman apprentice in 1987.

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THE BEST Life Stories

THE CHALLENGE

To write your true-life story in 150 words or fewer.

THE RESPONSE

6,652 people entered our contest on Facebook and vied for votes. We picked winners from the 100 most popular.

THE RESULT

One $25,000 grand-prize winner, a readers' choice winner, and ten runners-up ($2,500 each)—all with inspiring and succinct tales. Enjoy!

PHOTOGRAPHED BY TAMARA REYNOLDS

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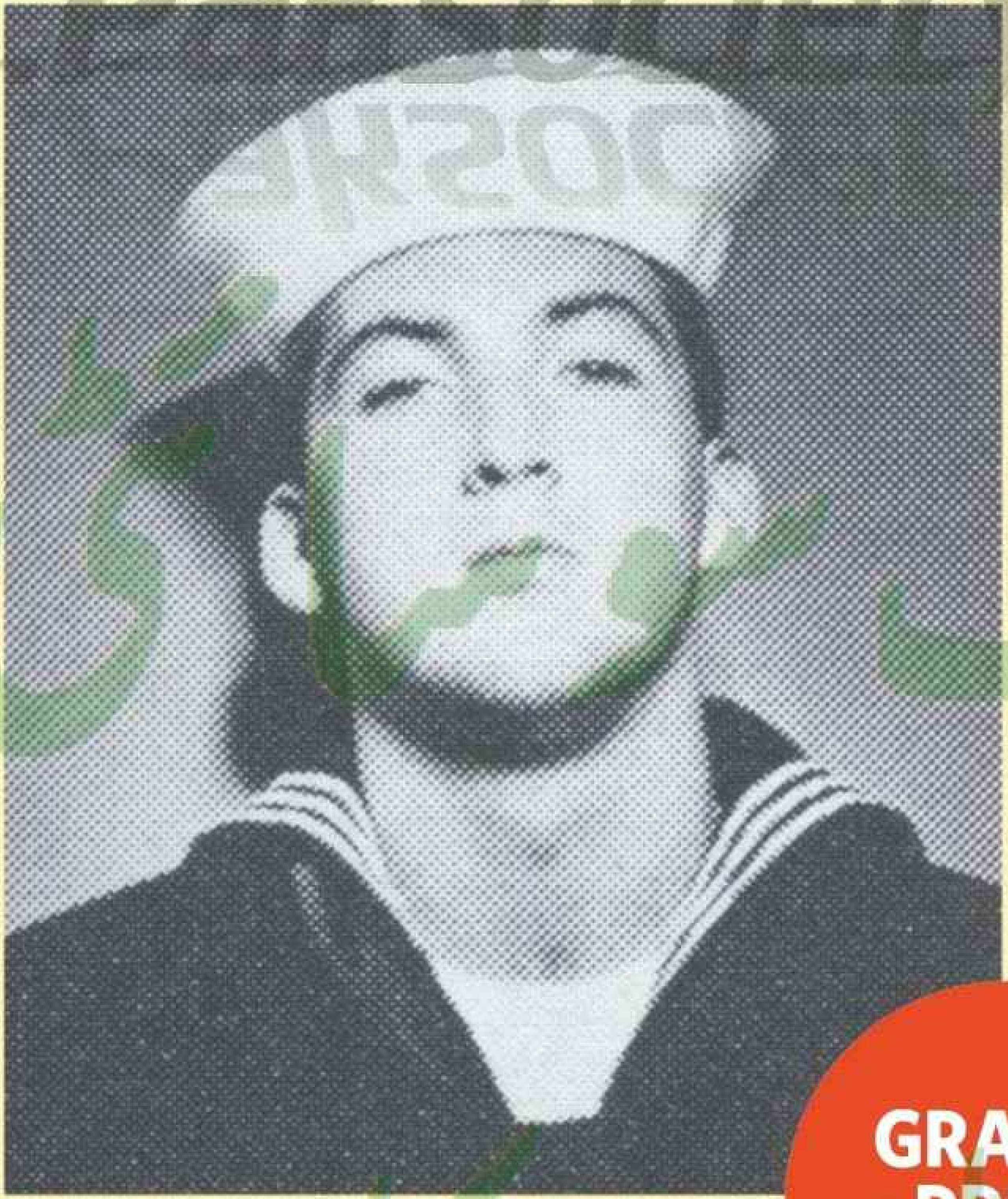

GRAND-PRIZE WINNER

Homeward Bound

BY JIM RULAND, SAN DIEGO, CALIFORNIA

THE JUDGES SAID: Jim Ruland's story sails along on clever metaphors, but on a deeper level, it's a moving look at one man's desolation and the renewal he found in his family's faith and love. It's a tale you'll want to read twice—and share.

My Story

When I was in the Navy, I drank like a sailor. When I got out of the Navy, I drank like a sailor. You could say I went overboard. Swam with sharks and chased mermaids. Spent all my clams in the octopus's garden. The deeps and the darks suited me fine. Closing time came; I looked around. I was all alone in Davy Jones's lockup. Looked for a way out, but there was no ship in the bottle. Just more bottles, and every one an ocean. Took a long time before I settled on the bottom. But look! A boat on the horizon. A life raft with my wife and daughter in it. "You're here," they cheered. "Take us ashore!" "I'm just a drunken sailor," I said. My wife reeled me in. "No, you're the captain." I looked to the stars and plotted our course for home.

Watch a video of Jim Ruland reading his story on your iPad or Kindle Fire by downloading the *Reader's Digest* app or by going to rd.com.

COURTESY JIM RULAND

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Chase the Day

BY AUDREY HAGAR, LOS ANGELES, CALIFORNIA

THE JUDGES SAID: Sometimes our best teachers come with four paws and a tail. By rescuing Chase, by taking a chance, Audrey Hagar changed her life and left the past behind.

My Story I was my own worst fortune-teller. The future just meant more disappointment. Childhood trauma was my excuse to stay closed and overly cautious. Why invite more shame and pain? Then I met Chase. The pound called her unadoptable. They said years of physical and mental abuse prevented her from being "normal." She would be better off dead. We took her home. Maybe I saw myself in this dog. At first she snarled and tried to bite us. I understood that need to put up a tough front. But then Chase became open, happy, and fearless. She didn't bear grudges against humans. She explored her new world and wrestled her new dog friends. She didn't dwell on the past as permission to avoid adventure. Chase, as usual, perches on my back as I type this story about a creature who now embraces the future without looking over her shoulder.

A Meaningless Diagnosis

BY BRIAN MAYER, ANTELOPE, CALIFORNIA

THE JUDGES SAID: This story had us on the edge of our seats—until the very last sentence, which blew us all away.

My Story Most would not smile in my position. I sat across from the psychiatrist, holding my wife's hand as our two-year-old son played inattentively in the background. "The severity of your son's autism will likely prevent him from ever being independent. It is very possible that he will never speak or have friends. The comorbidity of mental retardation will compound these challenges." The psychiatrist paused and examined our expressions. My wife clenched my hand a little tighter, but she, too, smiled because we knew firsthand that the diagnosis was meaningless: When I was three, a psychologist told my parents the same thing about me.

COURTESY AUDREY HAGAR

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All These Things Plus One

BY NICOLE MALATO, TOMS RIVER, NEW JERSEY

THE JUDGES SAID: Every patient is so much more than her diagnosis, but sometimes we lose sight of that. Go, go, Nicole!

My Story

I am a wife, a mother, a daughter, and a sister. I am an aunt, a niece, a cousin, and a friend. I'm an HR manager and a Mary Kay consultant. I'm an experienced bridesmaid. I was the head of my church youth group. I'm an MBA graduate. I am not a great dancer; I'm a klutz. I'm one who helps others, and I'm a Roman Catholic. I'm a country music fan and a BlackBerry junkie. I am blessed with amazing family and friends. I am strong. I am an allergy sufferer. I am one who loves to laugh. I am afraid of heights. I'm a Jersey girl, with an honorary Pennsylvania girl membership. I'm a fan of the smell of sunblock, cigars, and roses. I am a scatterbrain. And I am one more thing. I am a breast cancer patient. And someday, I will be a breast cancer survivor.

Primatology

BY JJ KEITH, LOS ANGELES, CALIFORNIA

THE JUDGES SAID: Here's an irresistible case of like mother, like daughter. Or should we say, Monkey see, monkey do? Regardless, we had a ball reading it!

My Story

"No. Not ape. That's a monkey." She's two and a half, and the one thing she knows for sure is that the rhesus monkey at the zoo is an ape. Maybe she'd get away misidentifying primates if she had a different mom. I whisper, "I have a degree in physical anthropology, and I'm telling you that's a monkey. He has a tail. Apes don't have tails." I look around, relieved that no one heard me debating with a toddler. She pats me on the shoulder and condescends beyond her years, "No, Mom. That's a monkey." I've met my match, or rather, I made her. I'm on the other side of myself now. I spent the first 30 years of my life correcting people, and now I'll spend the next 30 being corrected. I deserve it, but my poor husband. He didn't ask for two of me.

COURTESY NICOLE MALATO; COURTESY JJ KEITH

Evolving Farmer

BY JULIA BOYCE, FOSTER, RHODE ISLAND

THE JUDGES SAID: We don't always pay enough attention to what we're putting on our plates and in our mouths, but Julia Boyce does. Her story makes *sustainability* something we can easily relate to.

PHOTOGRAPHED BY TAMARA REYNOLDS

My Story

I didn't decide to become a farmer; it sort of just happened. When my husband brought home Cowie, a young steer, I made it clear that I wasn't sure I could eat an animal we had raised, let alone one with a name. We never did eat Cowie, but he was the start of our transition to farmers. We began raising meats for ourselves. The "local, all-natural" market wasn't big back then, but friends were begging to buy meats from us. We soon built our own butcher shop. We now raise all-natural beef, lamb, and poultry. We also process meats for other local farmers. When people ask me how I can eat something that was once in my backyard, the answer is easy. I want to know what's in my family's food and that the animal had a nice life. We don't name them anymore, though.

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Angry Mother

BY KAREN DAHL, NEW YORK, NEW YORK

THE JUDGES SAID: It takes courage to be as honest as Karen Dahl. It takes strength to admit to one's faults. And it takes a hero to be a good mother. We're betting she's a great one.

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My Story

I work so hard to control the imprint on their innocent souls because I know that their bodies may be tiny, but their brains are sucking in every moment, every word, every gesture. I can't depend on anyone else to do this work for me. It's too important. I know (theoretically) I can't do it perfectly, not without help. So I go to therapy to exorcise my demons, my frustrations, my anxiety. Forty-five minutes is not enough. So I take breaks—dinner with a girlfriend, skipping bath time. I work, sometimes, as much for the break as for the need to excel, accomplish, engage. I tell myself that this work, mothering, is more important than all the things a career could provide. At least while they're small. All of this to prevent my own children from becoming what I know I already am: an angry mother.

PHOTOGRAPHED BY TAMARA REYNOLDS

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Sorry, Mom

BY MEGHAN THOMPSON, FERNDALE, WASHINGTON

THE JUDGES SAID: We loved this free-spirited woman who has chosen to live on her own terms. We reveled in her wanderlust, her sense of wonder, and her sense of humor.

My Story

I should have 2.5 children, a mortgage, and a dog—at least that's what my mother says. Instead, I've chosen a month-to-month lease on a perfectly temporary apartment. My "mortgage payments" go much further than most; instead of a white picket fence, they pay for Dublin, Rome, Istanbul, and any other unfenced yard I may find. I entertain first dates with boys of all shapes and sizes, second dates with the men who survive the first—and third dates, they're few and far between. I've settled into a lifestyle of not settling. Of striving to live each day as though it's my last. To live for a week, a month, a year, a lifetime as a worldwide tourist, a pupil of the human condition, an observer of life, love, and loss. I'm not a complete failure though. I do have a dog.

Legacy

BY KATHARINE HANSCHU, HARRISON, ARKANSAS

THE JUDGES SAID: We wish we could have met Katharine Hanschu's grandpa. But in a way, we have. We're happy to honor this rancher's simple but profound legacy.

My Story

Grandpa was a man of integrity. He was a rancher who loved his family fiercely and passed down simple yet important life lessons. My dad tells a story about helping his dad tediously wash borrowed farm equipment before they returned it to a neighbor. "Why are we cleaning this?" he asked. "It was dirty when we got it. Always return something a little better than you found it," was Grandpa's reply. A week after Grandpa's funeral, I helped my dad vacuum, wash, and refuel a car he had borrowed from a friend. After accepting the vehicle, the friend leaned over to me and remarked, "Whenever I loan something to your dad, I know it will come back in even better shape." And that is my grandpa's legacy. He left the world just a little better than he found it. I hope I can do the same.

COURTESY MEGHAN THOMPSON; COURTESY KATHARINE HANSCHU

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I've Got Dirt: Memoirs of Your Housekeeper

BY CHELY ROACH, OVERLAND, MISSOURI

THE JUDGES SAID: Uh-oh. We're hiding everything. Seriously, this was a fascinating look at a discreet pro's life.

My Story

As your housekeeper, I know infinitely more about you than you do me. I know what you read, what you eat, what hides under your bed. I know if you're OCD or if you cram your clutter into three poorly hidden clothes baskets the day I come. I know if you attend church or believe you're a pagan goddess. I know your politics, your birth control, and that you take antidepressants. I know if your kids are kind-hearted or if they're Eddie Haskell–type jerks by how they speak to me when you're not around. I know I am a safe avenue to vent about your husband's lack of intimacy, the neighbor's affair, your parent's favoritism of your sister. I know to you I am "just a housekeeper," but I don't mind. In you, I have received an honorary degree in sociology. In exchange, you receive my discretion.

Snakebite

BY ERIK ZEIDLER, BRONX, NEW YORK

THE JUDGES SAID: What doesn't kill you makes you stronger, or perhaps it gives you a lifelong calling. Here's a great tale of resilience, curiosity, and maybe a bit of kismet.

My Story

The venom worked fast. I felt my body giving up. Still conscious for the moment, I felt betrayed. Snakebites are supposed to take hours to kill you, but only minutes passed until my heart stopped. The next two days were condensed into a few moments of vague recollection. From a distant chamber of my mind, I heard the echo of my savior's voice calling, "Kids from the Bronx don't die in the woods in Kansas!" I could hear the rhythmic beats of the chopper's blades, beating as faintly as my heart, which had been suddenly shocked back to life. I awoke to the warm touch of my mother's hand, appropriately present on the day of my rebirth. I was blind from hypoxia, but I could see my future clearly. I cannot deny my passion. Though they nearly killed me, I have dedicated my life to the study of snakes.

COURTESY CHELY ROACH; COURTESY ERIK ZEIDLER

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"EB"ing a Mommy

BY COURTNEY ROTH, PONTCHATOULA, LOUISIANA

THE JUDGES SAID: It's not hard to see why Courtney Roth's story got 46,962 votes online! Hers is a portrait of extraordinary perseverance and grace in the face of challenges most of us never encounter.

PHOTOGRAPHED BY TAMARA REYNOLDS

My Story

My name is Courtney Roth. The birth of my son, Tripp, changed my life. He was born with a rare genetic skin condition called epidermolysis bullosa [EB]. His skin is missing the anchors that hold it together, meaning any type of friction causes his skin to blister—inside and out. He was not supposed to live to be a year old and is now two years and counting. He lives in bandages and in pain, has a feeding tube, a breathing tube, and has lost his eyesight. Tripp has never spoken a word, yet he has touched countless lives around the world by his will to fight through this disease. My little boy is my hero and has taught me more in two years than I've learned my entire life. I know God has big things in store for him ... whether it's here or in heaven. ■

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Almir Narayamoga became chief of the Surui in 1991, at 17.

21ST CENTURY AMAZONS

BY BARBARA KANTROWITZ

PHOTOGRAPHS BY CRAIG STENNETT

Brazil's Surui tribe fought the loggers and developers threatening their lands for years. Nothing worked— **till they went high-tech.**

Watch a slide show about the Surui tribe on your iPad or Kindle Fire by downloading the *Reader's Digest* app or by going to rd.com.

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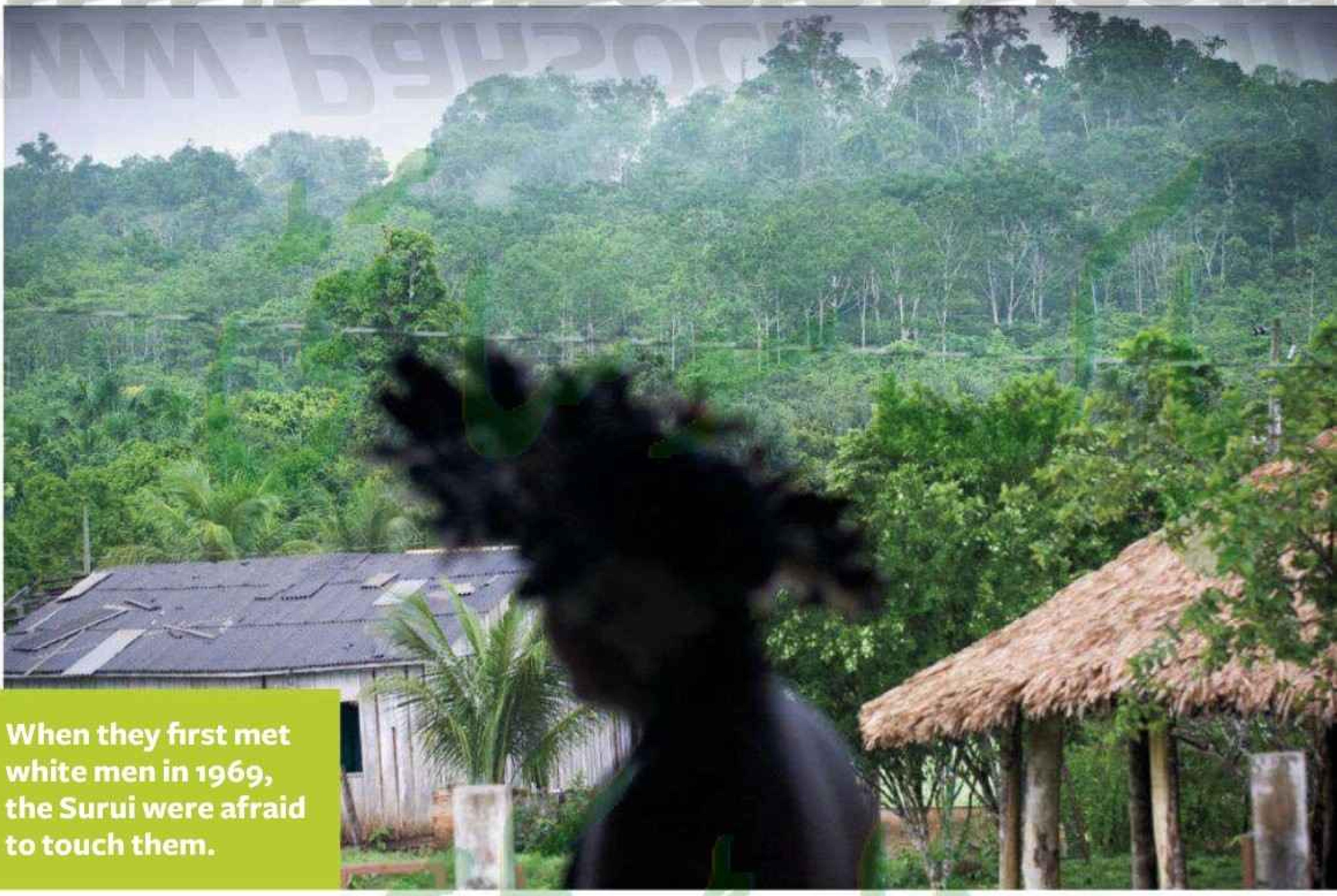
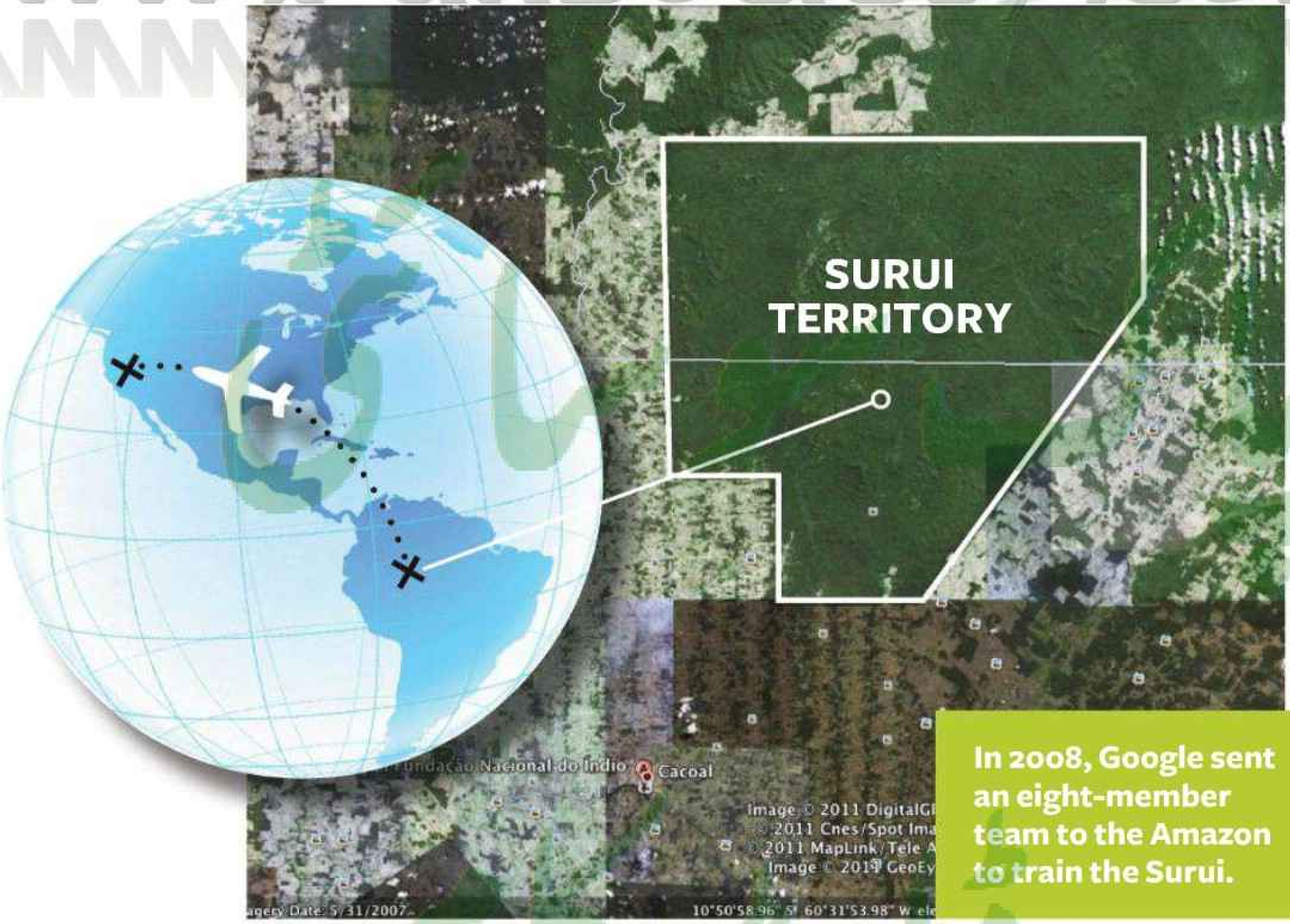


When they first met white men in 1969, the Surui were afraid to touch them.

If you zoom in on the Surui reserve via Google Earth, you will see a green oasis surrounded by devastation. Once, the Paiter-Surui tribe thrived in the heart of the Amazon rain forest in Brazil. But after the tribe's first encounters with Westerners several decades ago, they were nearly wiped out; diseases brought by outsiders reduced the Surui's numbers from 5,000 to about 250.

Today, some 1,300 tribespeople live in 23 villages across 600,000 acres. Though they are as likely to wear T-shirts and jeans as feathered headdresses, the Surui are determined to preserve and protect the tribal culture of their Amazon enclave. They are under siege again, from illegal logging and deforestation, but this time it's different. The Surui have put aside their bows and arrows and taken up a new weapon: the Internet.

Much of the credit for the tribe's Web savvy goes to the leader of the Surui, Chief Almir Narayamoga. "We decided to use computers and technology to bring attention to our situation," says Narayamoga, 36. The first in his tribe to attend college, Chief Narayamoga learned how to use computers at the Federal University of Goiás in Goiânia, a city of 1.2 million. In 2007, he fled the Surui homeland after his fight against logging reportedly led renegade loggers to place a



In 2008, Google sent an eight-member team to the Amazon to train the Surui.

$100,000 bounty on his head. (Since 1998, 11 murders of Amazon tribal leaders have been attributed to loggers.) That same year, sponsored by the Amazon Conservation Team (ACT), he traveled to the United States and paid a visit to Google headquarters in California. He came armed with a big idea.

To restore the forest, they hope to plant a million trees.

The chief asked about the possibility of charting the Surui territory using Google Earth software, annotating the reserve with tags and photos marking villages, hunting grounds, and sacred sites, along with areas targeted by logging and mining companies. An online tour of the reserve, he believed, would help protect the Surui by showing the world the effects of deforestation and the attacks on tribal land. It would also inform the government about illegal operations. This way, Narayamoga hoped to raise funds to restore the rain forest by planting one million trees. "Training and education is now our kind of war," he says. "We know we have to adapt."

Narayamoga's visit to Google was deemed a great success. The multinational Internet search corporation

FROM LEFT: GETTY IMAGES; COURTESY GOOGLE EARTH

At a school in the village of Lapetanha, students share three computers.

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The Surui will next measure the carbon content of their land.

sent teams to the Amazon to train the Surui in using computers, cameras, and smart phones to photograph logging sites, which could be pinpointed using GPS technology and then uploaded to Google Earth. The Surui have now mapped the entire reserve and recorded the biodiversity and the density of the rain forest within it.

The tribe has a website with blogs, videos, and photos.

Kate Hurowitz, a Google executive who traveled to the Amazon to work with the tribe, was impressed. "Chief Narayamoga is a true leader," she says. "He really thinks beyond the local to the global." Four years into their high-tech foray, the Surui maintain the website paiter.org, with blogs, videos, and photographs for their supporters around the world. Many of the videos and maps use English subtitles; the Surui have a tribal language, Paiter-Surui, but use Portuguese, the language of Brazil, online.

There is no phone service or wireless connection on the reserve, so the tribespeople drive for close to two hours down dirt roads to Cacoal, the nearest town with a Wi-Fi connection.

While their location mapping is supported by donations from ACT

The Surui call Google **ragogmakan, for ‘messenger.’**

Mopidmore Surui, 23, embodies his tribal heritage.

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Lapetanha has 102 inhabitants, a school, and a church. It got electricity in 2007.

and other groups today, Narayamoga hopes the tribe will become financially independent within ten years, with coffee production and ecotourism the two likeliest revenue sources. "The great thing about the Surui is that they try to find their own solutions to the problems they face," says Vasco van Roosmalen, head of ACT in Brazil. "If you look at the arc of destruction of the Amazonian rain forest, the areas that still have forest are indigenous lands. The [tribe is] absolutely crucial to holding back deforestation."

The Surui's bigger plan is above and beyond fighting deforestation and illegal logging. With their tree-planting efforts under way, the tribe will make a formal request to join a UN-sponsored carbon-trading program under which they would, in essence, be paid by the industrialized world to preserve the rain forest.

The Surui call Google *ragogmakan,* meaning "messenger," because trading bows and arrows for laptops has both galvanized the tribe and helped to get their message out. "Two or three years ago, nobody believed that we'd get all the loggers out of our lands, but we did," Narayamoga says. "It's the start of change." ■

Reported by Craig Stennett

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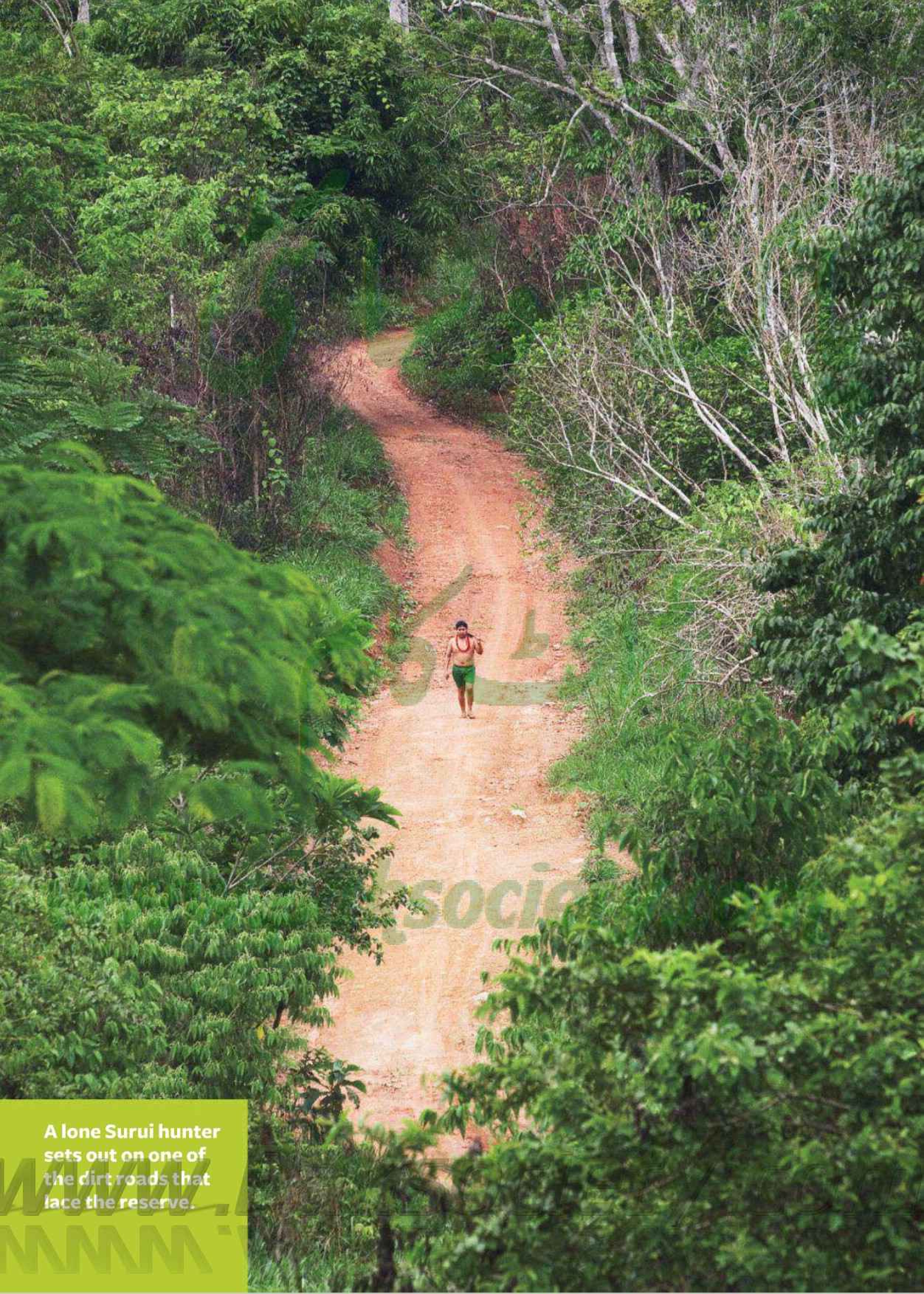

A lone Surui hunter sets out on one of the dirt roads that lace the reserve.

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Are You... Normal or NUTS?

Our annual analysis of the quirks, tics, foibles, and zany habits that make us all too human

BY LENORE SKENAZY

Who, aside from those of us allergic to self-reflection, hasn't ever wondered whether our nutty behavior means that we're, well, nuts?

For me, the moment of doubt arrived several years ago when I found myself in a conference-center ladies' lounge, anxiously unwrapping a whole smoked mackerel. I can't—that is, won't—reveal any more, except to say that the mackerel offered little guidance to my dilemma at the time, and I wrapped it up again. Then, neither more enlightened nor less composed, I returned to the conference.

ILLUSTRATED BY EDWIN FOTHERINGHAM

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My point: None of us is quite as sane as we seem, but neither is every weird thing we do irrefutable proof of insanity. In fact, a lot of our quirks prove that we're just that—quirky, not certifiable.

How to tell the difference? Start by reading the letters below, submitted by readers just like you, which have been analyzed by our panel of psychiatrists, psychologists, and other therapists.

Recognize anyone?

NORMAL OR NUTS? Lately, after I read an unusual name, place, or phrase—Reince Priebus, Burkina Faso, schadenfreude—**I often can't get it out of my head for days,** sometimes weeks. I silently repeat the words to myself, often spell them, and even wake up in the night with the words ringing in my head. Is my brain on the fritz?

VERDICT

Compulsive but normal

That sounds like a minor obsession, say our experts: Your brain feels that for some reason it must repeat these words. "But compulsions aren't abnormal in and of themselves," says psychiatrist Franklin Schneier. So unless this one is taking up more than an hour of your day or truly interfering with your life, Schneier would consider it "an annoyance but not serious."

To stop the compulsion, embrace it. "Accept that it's happening," says Schneier, and that it's not the world's worst thing, just a personal idiosyncrasy. "If you say, 'Oh, my God, there it goes again! I've got to stop thinking about that word!' that's not productive." (And then try not to obsess about the word *idiosyncrasy.*)

Should the Zen strategy fail, try a more aggressive approach, says Schneier: Set aside ten minutes a day to repeat the word over and over again. Make a mental tape loop of it, and play it 100 times a day. Do it so many times that you finally get sick of it.

As an added benefit, you will probably learn these new words very well, says Schneier. You'll stun dinner guests with your erudition in describing a recurring dream in which you're overwhelmed by schadenfreude when Republican Party head Reince Priebus declares Burkina Faso to be his favorite Italian dish. "So maybe there's a silver lining," says Schneier.

NORMAL OR NUTS? I sometimes **have strange dreams when taking a nap,** and I think they're real when I wake up. Then, as I come around, I realize they aren't. Is there something wrong with me?

VERDICT

Not nuts!

What's wrong is that you get to take naps and most of us don't! But are you unhinged? The unanimous consensus among our panel: no. We all have

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wild dreams, and it's normal, upon waking, to be fuzzy for a little while or even not remember where we are, especially if we wake up someplace unfamiliar, like a hotel. (Or a crater on Mars filled with unfinished Spanish homework.) Confusion is "normal because it lasts only a few seconds," says psychologist Margaret J. King, who studies behavior across cultures to see what's universal and what's not as head of the Center for Cultural Studies & Analysis in Philadelphia. "What's abnormal is if you don't snap out of it." Since you did—at least long enough to write a letter—you're fine.

NORMAL OR NUTS? I just turned 50 and **am having trouble recalling names**—even those of people I've worked with for years. Recently, I drove to work, parked my car in the lot, and at the end of the day couldn't remember where I'd left it. Should I be worried?

VERDICT

Perfectly normal

Worried about what? Oh, right, forgetting things. That's par for the course for someone your age, says

"I'M A BIRD, I'M A PLANE ..."

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psychologist Alan Hilfer, chief of psychology at Maimonides Medical Center in Brooklyn, New York. "That's why people in their 50s and 60s start calling everybody sweetie or champ or buddy. Because they have no idea what the person's name is."

Forgetfulness is not even a sign of impending dementia, Hilfer says, unless you can't remember where you put your shoe "and you open the refrigerator and it's on the first shelf." When something like that happens, you should consult a neurologist.

As for not being able to remember where your whatchamacallit is—the thing with wheels, that you drive? That's so normal, it has become sitcom fodder. "Didn't you ever watch *Seinfeld*?" asks Hilfer.

If you don't remember who Seinfeld is, then maybe it's time to see one of those guys who wear a white coat and a stethoscope.

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NORMAL OR NUTS? When people are eating, I can't stand the sound of a fork or spoon clanking on a plate or bowl. I get chills, nauseated, and a headache. I'm also **sickened by the sound of people chewing** with their mouths open. Is there something wrong with me?

VERDICT

Possibly nuts

It's tempting to suggest there is something wrong with everyone else you know. How come they don't eat with their mouths closed? At the least, you are overly sensitive to minor irritations, says psychologist Pauline Wallin—a sensitivity she understands too well: "When I hear Diane Sawyer's voice on TV," she confesses, "I have to run and turn it off, it's so annoying."

Minneapolis internist Archelle Georgiou says you may also be suffering from an obscure malady called misophonia. First described in 2001 by Emory University scientists Pawel and Margaret Jastreboff, the condition is characterized by a loathing of a range of sounds, such as those made by trains, musical instruments, and people (their breathing, for instance). According to British support group Misophonia UK (misophonia-uk.org), people with the disorder can feel an overwhelming desire "to escape the vicinity of the sound at all costs."

Try refocusing your attention away from the irritant, Wallin suggests. Concentrate as hard as you can on something else when you eat with your friends: the music in the background, the scene out the window, even—what a concept!—what they're talking about. You may be able to train yourself to be less bothered by the noise.

NORMAL OR NUTS? Years ago I read that flushing a toilet sends millions of germs into the air, so now I always flush with the lid down. But most public toilets, whether in office buildings or in airports, don't have lids, so **I sneak away without flushing**. Is this crazy?

VERDICT

You're uneducated, not insane

"Well, it's certainly inconsiderate," says Dr. Georgiou. While it's true that a spray of germs does get released during a flush, obsessing about that disgusting fact doesn't mean you're mentally ill, just ill-informed.

You should know that we're built to handle all those microbes and more. In fact, our bodies contain ten times more bacterial cells than human ones. "You're exposed to bacteria and viruses all day long," says osteopath Jeffrey Tipton, a specialist in preventive medicine in Cerritos, California, "and when you're exposed, your body recognizes and destroys them. It doesn't stop working just because you're in a public bathroom."

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I SAY, “WASTE NOT, WANT NOT.”

Psychologist Wallin suggests taking a clear-eyed look at the bathroom-going world. “We don’t see people swooning all over the airport, collapsing from toilet fumes,” she says. Moreover, in those carefree days before you read that article about flushing, you, too, survived just fine.

Still, all the reassurances in the world can’t beat this straight-up experiment: Next time you’re in a public loo, do your business and then ... flush! When you feel totally normal afterward (and you will), the spell may well be broken.

And then it will be safe for the rest of us to use the bathroom after you too.

NORMAL OR NUTS? I hadn’t seen my mother in almost a year, and when I visited her recently, I noticed **the shelves in her basement were filled with cardboard tubes** from dozens of used paper-towel rolls. When I asked her what she planned to use them for, she said, “Oh, I just hate to throw them out.” Should I be worried about her?

VERDICT

Worry a little

Umm ... have you seen any of those reality shows about hoarders? Our

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experts concur that it sounds like your mom could well be in the early stages of becoming one. This doesn't mean that she will end up storing chicken bones in the bathtub, just that hoarding becomes more common in old age. (Some experts theorize that it's a way older folks deny aging: Objects live on while the body doesn't.) If your mom can't give you a good reason why she is hanging on to the tubes (maybe she's planning to make a cardboard igloo or something?), chances are it's because even she doesn't know why she's doing this. It just feels scary and wrong to her to throw them out.

Hoarding becomes a real problem only if it starts to interfere with the rest of her life. If your mom can still entertain guests, and if her collection isn't cramping her living space, she's OK. But how can you prevent things from getting worse?

Psychologist Margery Segal treats

THE UPSIDE OF BEING A LITTLE NUTS

Psychiatrists tell us that all behavior occurs on a spectrum. For instance, some of us are nagged by occasional worries, while others suffer crippling anxiety attacks. But you may be surprised to learn that certain disorders—as well as milder so-called subclinical symptoms—are often linked to qualities we value as a society. So if you exhibit signs of:

OBSESSIVE-COMPULSIVE DISORDER **You're more likely to be: hardworking and diligent.** People with OCD tend to excel at jobs with strict rules or guidelines that require a high level of conscientiousness. "I have a lot of OCD patients who do well in accounting and business management," says Soroya Bacchus, a psychiatrist in Los Angeles.

ANXIETY **You're more likely to be: compassionate.** Highly anxious people are known for their sensitivity and attentiveness to others. They also tend to be hypervigilant, so they make good surgeons, doctors, dentists, and bankers.

MILD BIPOLAR DISORDER **You're more likely to be: creative.** Many people prone to mood swings are writers, artists, musicians, and performers. "They've got mad flavor," says Dr. Bacchus. "When they're manic, they've got an exuberance that's really great, and they can think outside the box."

ASPERGER SYNDROME **You're more likely to be: a problem solver.** Although people with this condition are socially awkward, their intensity of focus steers them toward technology, science, and engineering. "Numbers and concrete science really make sense to them," Dr. Bacchus says.

DEPRESSION **You're more likely to be: insightful.** Depressives tend to be more in touch with the deeper truths about themselves, life, and the human experience, experts say.

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hoarders the way she treats those with obsessive-compulsive disorders: by gradually exposing them to the thing they are afraid of, thus robbing it of its panic power. So if your mom freaks out at your suggestion that she throw out all her towel tubes yet finds it pretty easy to get rid of one, you might ask her to discard three—something just beyond her comfort level. The next time, you might ask her to ditch another six. The idea is for your mom to see that the world does not end when she throws out her beloved tubes.

NORMAL OR NUTS? I can't drink soda or ice water with a meal, because I once read that cold beverages congeal any fats in the stomach. So now I drink only coffee or tea with meals. Also, **I never eat fruits and vegetables at the same meal,** because I read they cause acid imbalances. Am I weird?

VERDICT

Just gullible

All you need to do is ask a real doctor about how the stomach works, and he or she will tell you (in more scientific language than this) that our innards heat everything up to 98.6 degrees, so forget about "congealing."

The acid imbalance theory is also malarkey. "No matter what foods are in there, the stomach does its job," says Dr. Tipton. It is constantly adjusting its acid secretions to maintain a neutral pH level. While you might get indigestion from some foods or a certain combination of them, that seems to be a very "individual thing," Dr. Tipton says, and not something automatically caused by eating fruits and vegetables at one meal.

The take-home: Don't believe everything you read—with the exception, of course, of what you read here.

NORMAL OR NUTS? When I'm driving and have to cross a bridge, **my heart starts racing and I feel light-headed and panicky.** The fear that I'm going to pass out makes the whole situation worse. Am I crazy?

VERDICT

More like anxious

This sounds like an anxiety attack, says Manhattan psychotherapist Jonathan Alpert. An anxiety attack is a milder version of a panic attack, which can bring on heart palpitations, nausea, dizziness, and a real sense that you are going to die. These attacks are the body's responses to what it perceives as imminent danger. "Somebody who has a true panic attack would turn around and not be able to cross the bridge, because it would disable them so much," says psychologist Hilfer.

You'll be relieved to hear that many folks with anxiety attacks never experience a real panic attack. To keep your anxiety from progressing, try that old standby calming technique:

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breathing. When you feel your heart starting to race, take a deep breath in for a count of three or four, and then let it out for a count of five or six until you start to feel calmer.

Alternatively, you might try Hilfer's visualization strategy: Imagine you are driving down a long passageway with lots of doors. Pass right by the door where you store the anxiety.

Hilfer also tried this with a patient experiencing your exact fear: "We made a tape of his favorite music—we called it The Bridge Tape—and he would sing along as he was going over the bridge." That was enough of a distraction to make the trip bearable. Medications can also help ease anxiety, but for those, you should see a doctor.

NORMAL OR NUTS? I often **spin scenarios in my head** in which I become a famous musician or actress and attend my high school reunion with great fanfare and acclaim. But I don't work in either of those fields and actually have no talent whatsoever. Am I delusional?

VERDICT

No nuttier than others

Are you kidding? Have you noticed that the theme of about half the movies ever made is high school loser/nerd/wallflower turns out to actually be a superhero/knockout/basketball star who learns to dance/defeat the aliens/save the entire homeroom

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from nuclear destruction and gets the girl/boy/Nobel Prize just in time to (modestly) enjoy a standing ovation from everyone in the lunchroom, including the principal, prom king, and kindly, wise custodian?

High school and fantasy go together like cheerleader and football captain. "High school is a proving ground," says Danny Jackson, a hypnotherapist. "It's a place where we want to find acceptance. When we're going back in 10 or 15 years, we want to show that we're a success." Daydreaming about that is one of the great pleasures of life—usually a whole lot more fun than the actual reunion.

On the other hand, if you feel you can't return to your reunion because you fear that, in some way, you don't measure up, perhaps you should talk through this issue with a therapist.

NORMAL OR NUTS? When I'm with friends or family and someone tells a really good joke or funny story, **I usually laugh until I cry.** I'm not sad, but the tears just flow and flow. I don't know anyone else who does this. What's up with that? It's embarrassing.

VERDICT

Not to worry

You're "completely normal," says Dr. Georgiou. "Crying is not a sign of sadness; it's a sign of feeling deep emotion, so it can be triggered by stress, suffering, happiness, or even, in some people, orgasm." In case of the latter, I'll just add my own unscientific suggestion: Make sure your partner knows you're not overwhelmed by grief. Or disappointment. Or even hilarity.

If you are embarrassed by the public tears, however, try this: Prepare yourself not to react that way. The same way that a person can train himself not to kick reflexively when the doctor taps his knee, you can mentally prepare yourself not to cry when you laugh, says Dr. Georgiou. But why bother? "I think it is awesome you get so emotional and experience life so fully. It's who you are!" says Dr. G. So be happy about your emotional wiring!

Just not to the point of tears.

NORMAL OR NUTS? My teenage son recently told me **he has always felt like he should have been born a girl.** Could he still grow out of that feeling?

VERDICT

Counseling will help

He will probably not outgrow it, says Hilfer. When little kids talk about wanting to be a different gender, "it's not the most unusual thing," he says. "But when a teenager is still saying it, that's probably something the kid is going to struggle with and could use help in figuring out." Hilfer suggests finding your son a therapist who specializes in sexual identity issues.

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A boy's desire to be a different gender is not at all the same as what Hilfer calls homosexual panic, which is experienced by many teens. That's when a boy finds himself admiring another boy—say, the hockey team star—and wonders if it's a sign of something else. "Lots of adolescent boys worry that they're gay. That's pretty normal. Everybody's trying to figure out who they are. But thinking or saying 'I should have been born a girl'—that's more significant. It's something that does happen with many kids who are transgender, and we have to help them." ■

BODY BLIPS YOU'RE NUTS TO IGNORE

SYMPTOM	IT'S NORMAL (and likely due to ...)	IT'S NOT NORMAL (and see a doctor if ...)
Shortness of breath	Emotional upset, to which your body responds with a squirt of adrenaline, resulting in rapid breathing.	You have recurring episodes of rapid, shallow breathing. They could be early warning signs of emphysema, congestive heart failure, or asthma.
Heart palpitations (pounding or racing heart)	Anxiety or fear, a burst of activity, or too much caffeine.	Your palpitations are accompanied by unusual sweating or dizziness or if you feel frequent extra heartbeats (more than six per minute), indicating arrhythmia.
Hand tremors (particularly when you're at rest)	Stress or too much caffeine, both of which can overstimulate the neuromuscular system.	The tremors don't stop, indicating possible onset of Parkinson's disease or multiple sclerosis. Tremor in just one hand could signal damage from stroke.
Bad breath	Indigestion caused by a "nervous" stomach or gum disease caused by bacteria.	Better dental hygiene (brushing, flossing, mouthwash) doesn't help. Persistent bad breath may be a sign of kidney disease or a lung infection.
Hair loss	Severe emotional stress (after the loss of a job, say) or physical stress, from surgery or dramatic hormonal changes.	Your hair doesn't start to grow back within a month or two. Diabetes and autoimmune diseases such as lupus can cause hair loss.

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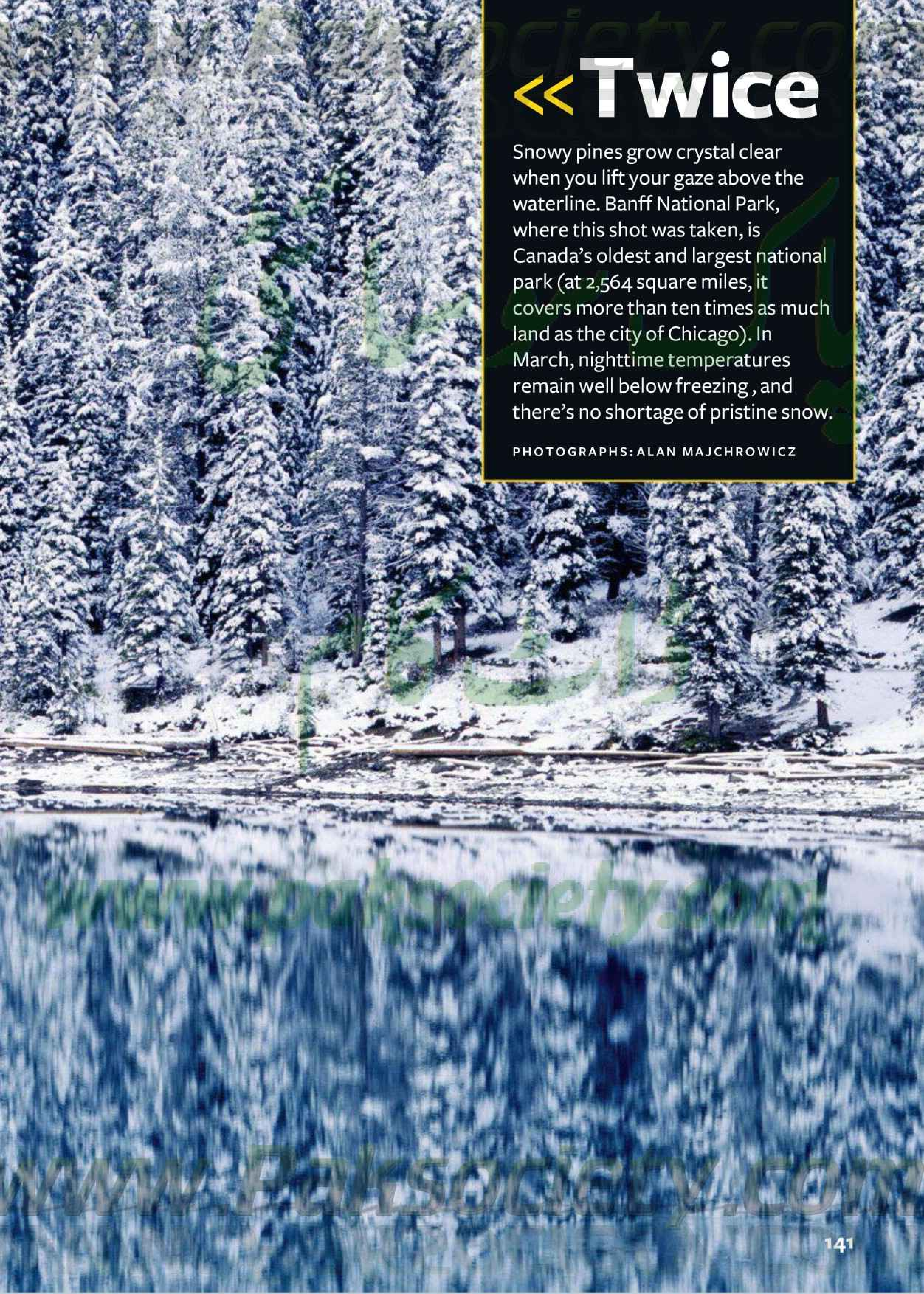

<< Twice

Snowy pines grow crystal clear when you lift your gaze above the waterline. Banff National Park, where this shot was taken, is Canada's oldest and largest national park (at 2,564 square miles, it covers more than ten times as much land as the city of Chicago). In March, nighttime temperatures remain well below freezing , and there's no shortage of pristine snow.

PHOTOGRAPHS: ALAN MAJCHROWICZ

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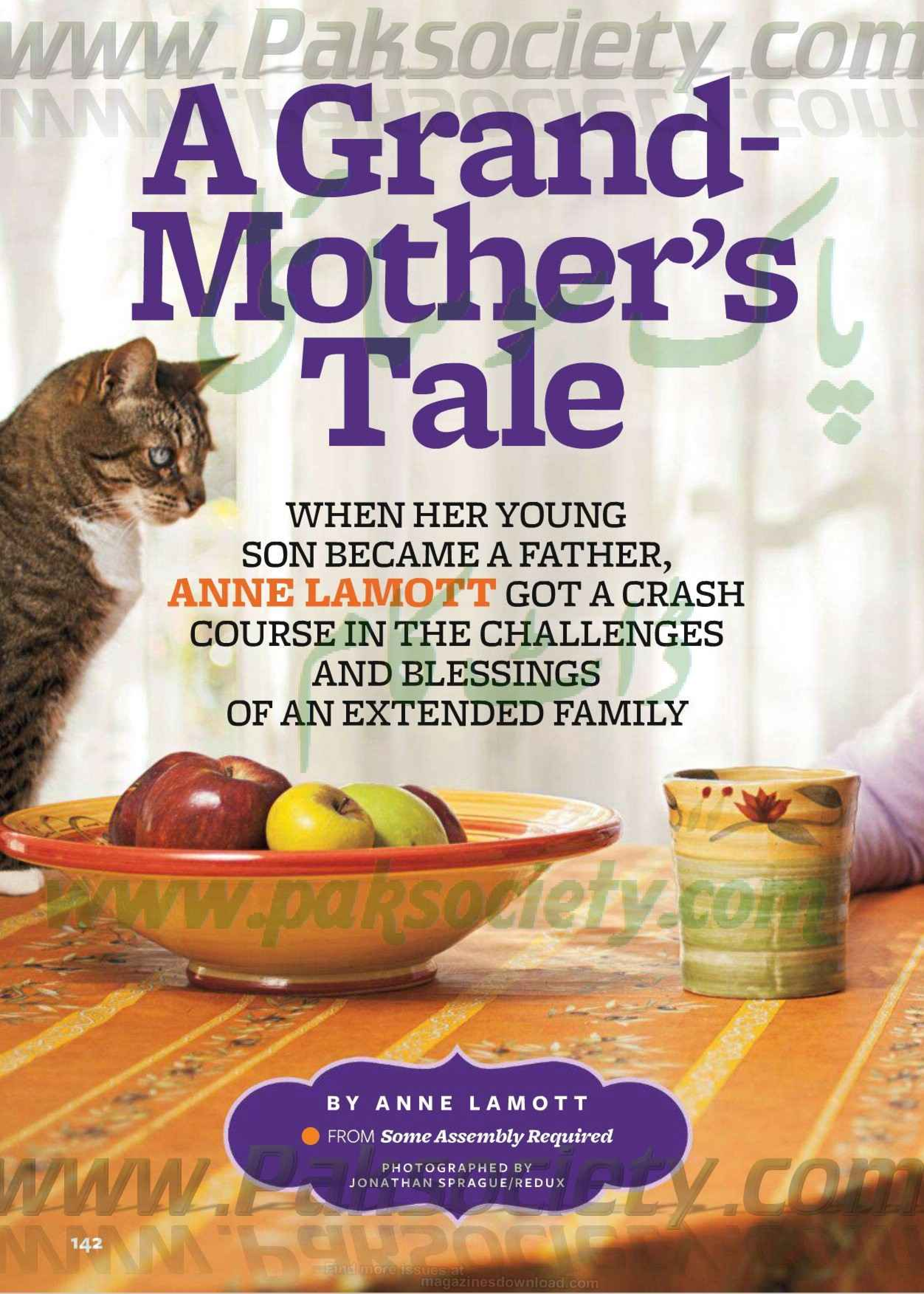
A Grand-Mother's Tale

WHEN HER YOUNG SON BECAME A FATHER, **ANNE LAMOTT** GOT A CRASH COURSE IN THE CHALLENGES AND BLESSINGS OF AN EXTENDED FAMILY



BY ANNE LAMOTT

FROM *Some Assembly Required*

PHOTOGRAPHED BY JONATHAN SPRAGUE/REDUX

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The author and Jax at her home in Fairfax, California.

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My very young son became a father in mid-July of 2009, when his girlfriend, Amy Tobias, gave birth to their son. They named him Jax Jesse Lamott, Jesse after Amy's beloved grandmother, and Jax because they like the way it sounds. Amy was 20 when she delivered, and Sam was 19. They're both a little young, but who asked me?

Sam's birth on August 29, 1989, was by far the most important day of my life, and Jax's was the second. Sam and I are quite close, and I'd always looked forward with enthusiasm to becoming a grandmother someday, say ten years from now, perhaps after he had graduated from the art academy he attends in San Francisco and settled down in a career, and when I was old enough to be a grandmother. I was a young 55. Maybe a medium 55. Let's say a ripe 55, with a child just one year past his majority.

I had heard that Amy was expecting on the day before Thanksgiving, 2008, when I got a call from Sam, in despair.

"Mom, I'm going to be a father," he said.

I was silent for a time. "Oh, Sam," I said finally.

He and Amy had been together, tumultuously, since his birthday a year earlier, but they had split up a couple of months before—although not, I can see now, in the Biblical sense. Amy is beautiful, tiny, and Hispanic, with her roots in Chicago and her parents now living in North Carolina. She first bounced into my house in shorts that would fit my cat, long thick black hair, huge brown eyes, and a perfect smile. She is around four feet ten, and weighed 90 pounds at the time.

Just over a year later, Amy had terrible morning sickness. She spent a lot of time taking naps on my couch and nibbling bird-size snacks. I was happy all the time at the thought of Sam being a father, and me getting to be a grandmother, except when I was sick with fears about their future, enraged that they had gotten themselves pregnant so young, or in a swivet of trying to control their every

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move, not to mention every aspect of their futures.

Amy and Sam had moved back in together, in his tiny studio apartment two blocks away from his art school, and I was paying all of his bills while he was in college, and thus, I was paying some of her bills too—rent, food, utilities. Amy frequently escaped to my house in Marin County, California, mostly for companionship, as Sam was in school full-time, but also for the sun and relative peace, as their apartment was loud and dark. By the time the morning sickness passed, her belly was huge, especially because she is—or rather was—so tiny. She had an elaborate space-age ultrasound at four months, which indicated that the fetus was a boy: The technician printed out Jax's picture for us. He looked like a bright, advanced baby.

Sam was woozy with pride and scared to death. Amy was clear, calm, and fiercely into becoming a mother. She did things the way she wanted to, even when it made me unhappy. For instance, two weeks before her due date, she skipped a routine doctor's appointment, for some youthful willful reason, and I spent several days pacing around my house, trying to make peace with the idea that now the baby would almost certainly be born with some degree of disability. I cried. Sam tried to protect her from my neediness and anxieties—i.e., I didn't hear from them for days. And they fought routinely. Amy would threaten to move back to Chicago, which made me crazier than anything, but I would not interfere. Sam would call in despair, and I would stay neutral, with undertones of suppressed rage, like Saudi Arabia during World War II, and they'd come through their conflict, and I would get to be the beloved tribal elder for having stayed neutral.

We went to St. Andrew [church] together many Sundays, unless Sam had too much homework. During the summer before Jax's birth, Sam was both in school and working for a contractor, trying to sock some extra money away. I would still be paying the bills, as I had promised Sam a four-year education: room, board, books, transportation. It was ex-

> I FELT STUNNED AND TEARY ABOUT WHAT A GOOD BIRTH COACH SAM WAS.

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tremely expensive, and I had a nagging belief that things were not going to become cheaper after Jax was born.

I had loved being pregnant with Sam, mostly, all the parental blessings of feeling bigger, envied, completed, amazed, proud, grateful, and I loved Amy being pregnant with Sam's baby, mostly. I was excited that he was going to have all these feelings for someone too. It was going to be better for him in some ways than it had been for me; I had not had any money our first few years and I was a single mother. Yet even with two parents, having a child ends any feelings of complacency one might have, and I knew what Sam was in for. It's like having a terminal illness, in a good way.

I prayed every day for a healthy baby, an easy delivery, for Sam and Amy to be good parents, and for me to let God be in charge of our lives. I prayed to be a beneficent grandmother—and not to bog down in how old that made me sound. I had two slogans to guide me. One was "Figure it out is not a good slogan" and the other was "Ask, and allow"—i.e., ask God, and allow grace in.

JULY 21

Amy delivered late last night by C-section after 18 hours of hard and heroic labor at the UCSF Medical Center, one of the nation's great teaching hospitals.

Sam had called me at 2 a.m. and told me to meet him, Amy, and her

Today: Sam, 22, Jax, 2½, Amy, 23, and Anne, 57, see one another several times a week.

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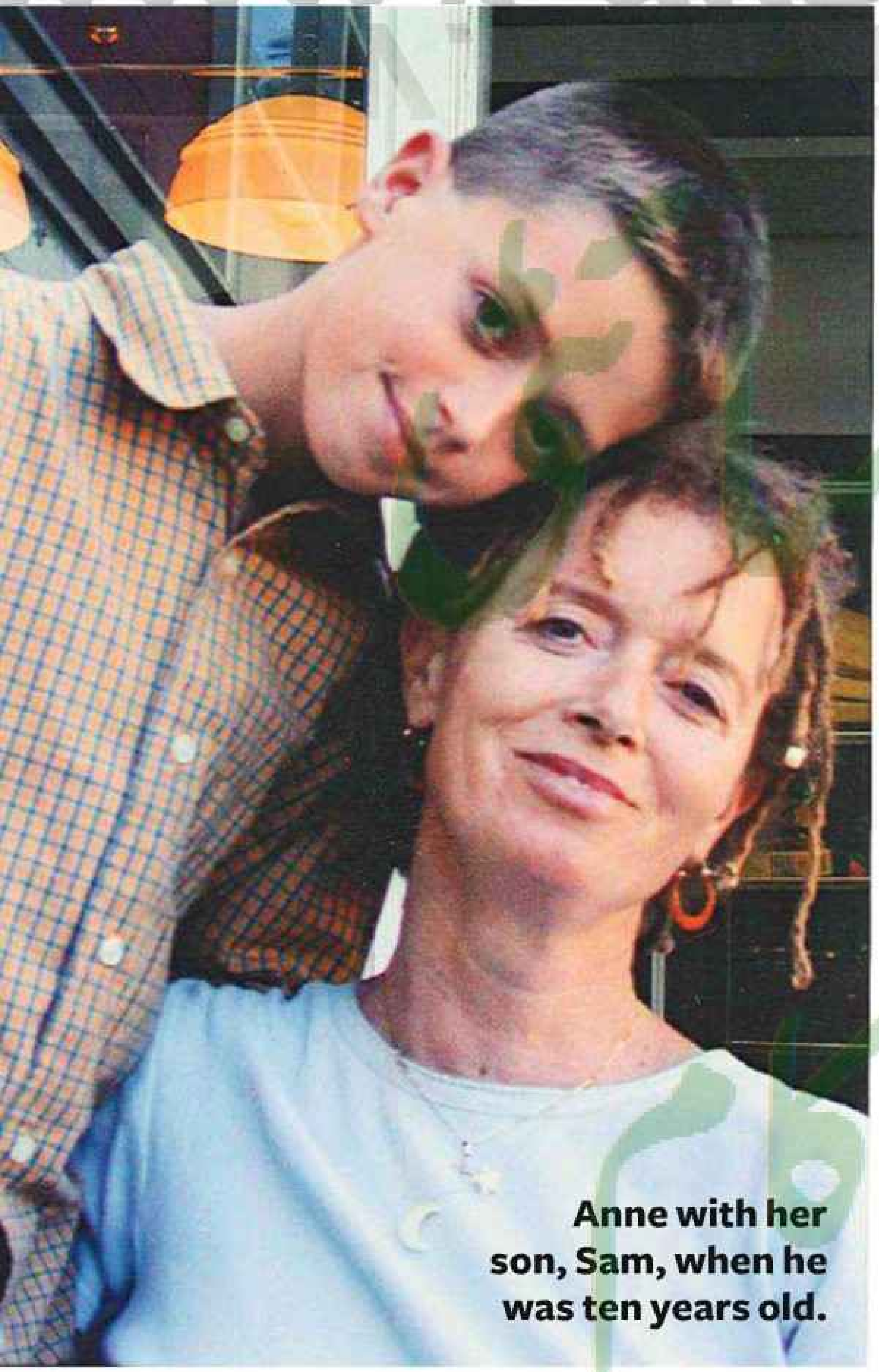

Anne with her son, Sam, when he was ten years old.

mother, Trudy, at the hospital. Trudy is very sweet and smart, a couple of years older than I. We were given a private room, and Amy was plugged into various monitors. Sam coached Amy for the first few hours, and then Trudy and I coached her, and then Sam again. After many hours, Amy was dilated to six centimeters, but she wasn't getting any further. She refused any drugs, even Pitocin to intensify the contractions, and watching her I felt crazy with powerlessness and thwarted Good Ideas: Let's everyone settle down and take a lot of drugs! Get this show on the road! Of course, I pretended to be supportive of whatever she decided. Sam, Trudy, and I took turns going to the cafeteria for snacks while Amy was brought hospital meals at which she picked, partly because the nurses cautioned her to go easy and partly because the meals looked like upscale pet food, with a side of boiled vegetables. When all was said and done, we mostly ate Cheetos and M&M's. And when I say "we," I mean me.

Amy's contractions were wracking her body, but they weren't productive enough. She was in maternal warrior mode, and I was humbled by how hard she was working, how much pain she was able to bear, and how stoically. By this point in my own labor, 19 years ago, I'd already had the Pitocin, an epidural, and a few refreshing shots of morphine. I felt stunned and teary about what a good birth coach Sam was—it wasn't so long ago that we were bickering about wet towels on the bathroom floor or why he can't manage to keep his cell phone charged.

Hours later, Amy finally let the nurses put some Pitocin in her IV, and the three of us took turns breathing with her. But the baby, who had been estimated to weigh nine pounds, was just too big for her small body, and she was exhausted.

Finally, the doctor said, "I recommend we do a cesarean," and Amy said, quietly, "OK."

Trudy and I went off to the waiting room, where we writhed around until

COURTESY ANNE LAMOTT

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FIFTEEN MINUTES INTO THE SERVICE, SAM STARTED MISSING JAX IN THAT ACHING PHYSICAL WAY.

a huge male nurse came to tell us that Jax had been born. Amy was fine, but she desperately needed to sleep for a couple of hours before she could begin nursing. He said we could come meet the baby. Trudy and I hugged and jumped and pumped our grandmotherly fists.

We found Sam in the nursery, dressed in scrubs, holding his swaddled new son, peering into his peaceful face, crying, and saying over and over, "Hi Jax, I'm your dad. I'm your dad, Jax."

JULY 22 and 23

Amy is much better, even though she is still in great pain, and Sam is madly in love with Jax and doing an amazing job taking care of both Jax and Amy. We are together all day, every day, at UCSF Med. Trudy is a social worker in real life, down-to-earth, constantly doing something useful. Everyone is exhausted beyond all imagining, especially Amy and Sam.

The best thing, besides how unbelievably perfect Jax is—not to mention alive—is watching Sam be a father. He stayed up with him in the nursery the whole first night, holding him. Jax takes naps on Sam on the pull-out bed, which is more of a padded bench, and the three will be there in Amy's room until Friday afternoon, when we all go to my house for a week. Later, Amy's father, Ray, will fly in from North Carolina. I am ever so slightly concerned, as I spend 90-plus percent of my time alone with my animals, but this is life on life's terms, not on Annie's terms.

JULY 24 to AUGUST 1

It has been high energy at my usually dull, quiet house. Jax, Sam, and Amy, who sometimes bicker, and who are vaporous and otherworldly with fatigue; Trudy, on a mattress in the kitchen nook; and the two big dogs and the cat, who is a biter. Jax mostly sleeps, nurses, poops, blinks at you with black goggle eyes, pees on you while you are changing him, passes out.

Yesterday, I was walking around the house with Jax, who was sleeping in my arms, and we really were the ultimate portrait of what heaven will be like. But when we went into

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Amy and Sam's bedroom, they were fighting. So I transformed myself into Red Cross Field Station Management Nurse, and mobilized Amy, Trudy, and Jax for his first stroller walk to the Redwood Park.

Through it all, the ups and downs, Jax shines like a pearl.

AUGUST 2

Sam surprised me by bursting into church alone, right as it was starting, in a religious fever of needing to escape from Amy, Jax, and Ray. Our pastor, Veronica, made a big fuss from the pulpit about Sam's joy, and the arrival of our newest brother, and Sam promised to bring him and Amy next week. About 15 minutes into the service, Sam started missing Jax in that aching physical way, almost like a nursing mother. He is so doomed. So he went and snagged Isaiah, who is a year older than Jax, and who Sam and I refer to as Sam's training baby. Sam has been holding Isaiah every Sunday for months, watching his parents diaper, burp, and cuddle with him. Also, Isaiah's parents have promised Amy and Sam all of Isaiah's hand-me-downs.

Sam held Isaiah so differently than he did even a month ago, because his hands have become the hands of a father.

I heard him whisper to Isaiah, "Cool shoes, dude," and then he leaned over to me, waggling his eyebrows conspiratorially, and said, "Jax will look great in these."

My heart was broken today in the best way, watching people cry with Sam about his blessing. This church has prayed us through everything—Sam's birth, his worst asthma attacks, starting school, meeting his father at seven, puberty, and all the hard teenage times when we nearly lost it some days. There are fewer of us now, 50 or so most Sundays, but it is so much the same. It's a kitchen church, not a church-on-display, all these black and white and brown people who need and want to be here.

When I first started coming, the people saw that I was in pain, and they let me be, and let me be with them, and let me find Him as best I could.

EVERYONE STILL GETS ALONG, ALMOST ALL THE TIME, WHICH, IF YOU ASK ME, IS A SMALL MIRACLE.

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Today people shuffled in, happy and relieved to be there, disappointed that Sam hadn't brought Jax, but crowding around me during the Passing of the Peace to see all the photos on my cell phone. At St. Andrew, there are all levels of shyness and grand public display during the peace, but somehow they are all hugs of recognition, which is all most of us need or want, in a kind of churchly square dance, hand to hand to hand.

The hymns are bigger than any mistakes; you fumble around with the hymnal and sing the wrong words—you're on the wrong verse—but the hymn expands to make room for all these voices, even yours. We speak as a body; we have set the intent together, so rather than individual shrill cries or the drones of one crazy person, it's a braid—as Amy, Sam, Jax, the grandparents, and all of our beloved are now a braid, stronger than each strand, somehow modest and plain, yet beautiful beyond words.

Postscript: Amy and Sam broke up in June 2011 and are raising Jax together from two different homes in the Bay Area. Everyone still gets along, almost all the time, which, if you ask me, is a small miracle. Jax is now over two and a half years old, and absolutely delicious—handsome, talkative, hilarious, rambunctious, sometimes studious, always sweet, the light of all our lives. ■

"I try to stay with the delicious package of him, right here, right now," Anne says.

SOME ASSEMBLY REQUIRED: A JOURNAL OF MY SON'S FIRST SON, © 2012 BY ANNE LAMOTT AND SAM LAMOTT, IS PUBLISHED AT $26.95 BY RIVERHEAD BOOKS, A DIVISION OF PENGUIN GROUP (USE) INC., 375 HUDSON STREET, NEW YORK, NEW YORK 10014.

Salant moved to Portland, Oregon, for the hiking. "Weekends are always spent camping," she says.

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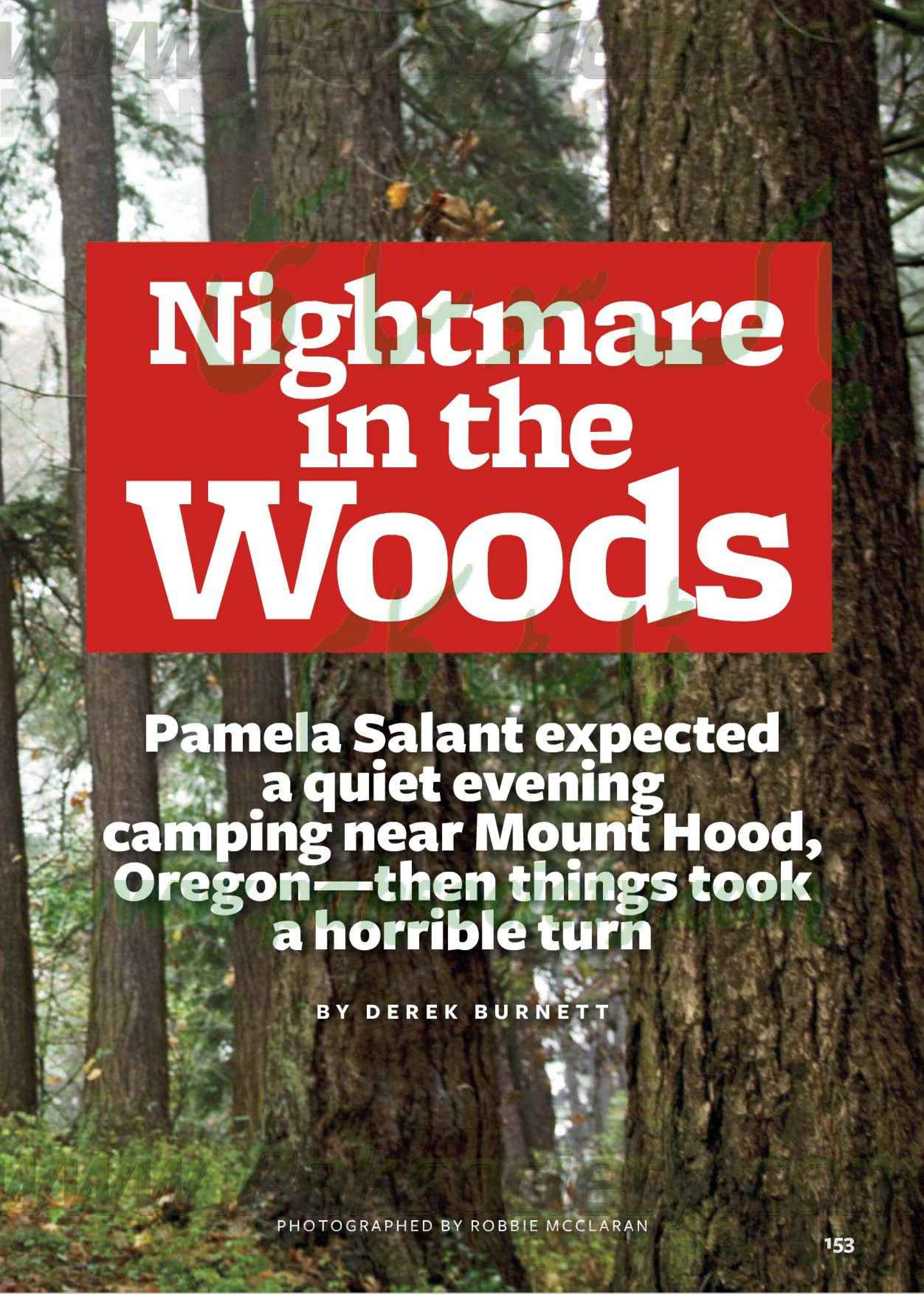

Nightmare in the Woods

Pamela Salant expected a quiet evening camping near Mount Hood, Oregon—then things took a horrible turn

BY DEREK BURNETT

PHOTOGRAPHED BY ROBBIE MCCLARAN

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In 2010, 4,900 people were rescued on or around Mount Hood.

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Day 1

It was shaping up to be the perfect weekend. Last July, Pamela Salant, a 28-year-old preschool teacher, and her boyfriend, Aric Essig, 31, who works for a sailboat company, had driven two hours east from Portland, Oregon, to camp overnight in the Mount Hood National Forest. They planned to hike a mile and a half through the forest to Bear Lake, spend the night, and walk back out on Sunday to attend a birthday party for two of her students. It was sunny, clear, and fine.

But during the hike, the subject of their on-again/off-again relationship came up, and the tension between the two began to rise. By the time they set down their packs at the campsite on the south shore of the lake, Salant was blind with anger. "I'm sorry, Pam," Essig said.

"I'm going to see if I can find a better spot for us to camp," she told him, stalking off along the western shore of the lake. It was one o'clock.

Bear Lake is only about 100 yards long, hemmed in by trees, which forced Salant to drift inland. With no trail to follow, she descended a drainage basin, climbed up the other side, and scrambled atop a pile of rocks. Where she expected the lake to be, she saw nothing but steep forest and, far beyond, a snowcapped peak. She began backtracking through the dense woods, but the farther she walked, the more confused she became.

"Aric!" she called. "Help!"

No response. She kept moving until she came to a stream. She knew that the creeks here flowed northward toward the Columbia River, several miles away. But what good was that when she didn't know anything else? She clambered up a series of cliffs to get the lay of the land, climbing a dangerous scree slope and topping out on a boulder. She scanned the horizon. Nothing but trees. She'd been hiking for six hours, and the sun would be setting soon. With a new panic, she began to descend. There, far below! A lake! But was it Bear Lake? It didn't matter—any lake ought to have trails or people along it. She picked her way down to the lower elevations, traversing the cliffs as carefully as she could.

Then, a misstep, and darkness.

When Salant awoke, the first thing she noticed was the cliff she'd fallen from looming 40 feet above her.

When Salant awoke a few minutes later, the first thing she noticed was the cliff she'd fallen from looming 40 feet above her. The second was

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that her left leg curved strangely outward below the knee. "OK," she told herself, "my leg's broken." Surprisingly, the injury was not excruciating—some primal part of her had taken over, allowing her to go into problem-solving mode: She was hurt and alone with night coming on and absolutely no gear. All she wore were shorts, a tank top, socks, and boots. She could hear water trickling somewhere in the middle distance, probably a stream. She would sleep right here for the night, and in the morning she would follow the sound of the water to the creek.

Day 2

In the middle of the cold night, she awoke and felt that her left leg was wet. Hours later, at sunrise, she saw that the moisture was blood. She had a deep gash on her right leg—a result of her fall—and it had bled all over her broken left leg. She could see its gleaming white bone with folds of torn and bloodied pink tissue above it. Once again, she processed this fresh horror with a strange detachment. "All right," she said to herself. "I need to get to the water. I'm thirsty, and I need to clean up this cut."

Dragging herself along in an awkward crab-walk, she found the creek a quarter mile away. It took her an hour to get there, but she was upbeat. Good, she thought. Either this will lead me back to Bear Lake or to the Columbia—either way, I'm saved. She drank and washed out her injury. The water was pure and beautiful. Magical, she thought. She could feel it rejuvenating her. Salant took one last sip, then set out down the creek, scooting along on her butt.

The area to the west of Bear Lake contains some of the country's tallest timber and most inhospitable terrain. The stream Salant had chosen to follow is called Lindsey Creek, and it drops toward the Columbia River in a deep, waterfall-studded gorge so difficult to navigate that she may have been the first ever to attempt its descent. Still, she took a moment to admire it. The waterfalls, the ancient forest—they reminded her why she loved coming to this spot in the first place.

All day long she picked her way carefully down the gorge, clinging to the slopes at the edge of the creek. She moved methodically, plotting every step, crossing and recrossing the stream to avoid obstacles, and balancing on fallen logs or clinging to tree roots. She came to the top of an outcropping above the stream and stopped. There was seemingly no good way to go. Forward was too steep, backward was too steep, left was too steep. She could proceed down the opposite bank if she could cross the stream—but it was a 12-foot drop to the water. For an hour she sat and contemplated her plight. Then she jumped.

"I can't believe I'm doing this!" she screamed, hurtling down into the shallow creek. She landed on her

Trees standing 150 feet tall made a helicopter rescue perilous.

GERRY ELLIS/MIDEN PICTURES

right leg and pitched over onto her side, popping out of the water seconds later.

"OK," she said, panting and dragging herself out of the frigid water. "What's next?"

In the afternoon, she heard a helicopter. Is that for me? One swept overhead, but the firs obscured her location. Maybe I should just sit in one spot and wait, she thought. But no—she was too cold for that. Even though the day was warm, the V-shaped gorge was shaded, and she'd spent all day slipping into the cold water.

Around 4 p.m., just as the sun was hitting the gorge, Salant found a

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Salant's survival plan was simple: Follow the creek.

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> "OK," she said, **dragging herself out of the frigid water.** "What's next?"

flattish spot between two trees and curled up to sleep, shivering. Use all your resources, she told herself. Her tank top had a built-in bra, which she pulled out and folded over her head for warmth. She removed the drawstring from her shorts, poked holes in her shirt and shorts just at the hips, and ran the string through to pull them together and seal in the heat. Then she peeled strips of dry moss from a nearby rock, covering her legs and stuffing her clothes with it.

She thought about Aric. He must have called for those helicopters. How stupid that their last exchange had been so nasty. It was Sunday evening now; she was supposed to be at her students' birthday party.

Day 3

At the first hint of light, she arose, desperate to be moving again. She looked down at her legs. The gash on her right thigh still yawned fiercely, and the curve of her left leg made it appear vulnerable, pathetic. She felt that sudden strange detachment again and a kind of maternal responsibility toward her legs, as if they were children tugging at her sleeve. God, she thought, can't you just take care of yourselves?

She nursed them along down the gorge. Somehow it made her feel less lonesome to have someone to nurture, even if it was only her own legs. She washed out the wound on her right leg and wrapped it in her underwear. Later in the morning, she blundered through some thornbushes, and it occurred to her that she might use thorns to suture the cut. She stabbed at the folds of skin, trying to pin the laceration closed. But she could never do more than skewer one edge of the injury.

Helicopters flew overhead once in late morning and again in early afternoon, but Salant was never in enough of a clearing to flag them. So she pushed on. She came across a familiar-looking green bush studded with pink berries and thought she remembered Aric identifying the plant as salmonberry. She nibbled at one of the fruits and spit it out. Waited a while, then sampled another. Satisfied that the berries weren't toxic, she gorged on them.

At nightfall, she tried to sleep, but pain and fear made that impossible. As she lay awake, visions of her childhood came to mind. Random scenes—church on a Sunday morning with her family, trotting around the running track as a high school athlete.

She so wanted to be with Aric and her family. She wanted to hold them and shout how much she loved them. There were things she still wanted to do—learn to play the fiddle and have children. But in the black of night, she

JARED LEEDS/AURORA CREATIVE/GETTY IMAGES

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recalled a dear friend, Luke, who had died two years earlier. If I don't make it, she thought, at least I'll be with Luke somewhere.

Day 4

When the sun rose Tuesday morning, Salant gritted her teeth. "I've had enough of this," she said. "I'm going to be found today. Or I'm going to die. But the journey is coming to an end." She made her way to a flat rock with a clearing overhead—a good place to be spotted. For three hours, she waited, shivering, starving, thirsty. No helicopters.

She scooted uphill a little to sit in the sun. A fat green caterpillar shrugged along nearby. She picked it up and bit into it. It cracked apart, spurting a metallic flavor into her mouth. Ugh! Then she spied a meaty-looking slug. She'd always wondered what one might taste like, and after plopping it into her mouth she knew. Never in her life had she tasted anything more repulsive. She spit it out and scooped up handfuls of water in a vain attempt to erase the awful gluey film on her tongue.

Thwup, thwup, thwup.

Helicopters! She skidded back down to the flat rock where she'd spent her morning. A chopper passed overhead. Salant tried to stand but toppled back onto the rock. Then the helicopter flew off.

Did they see me or not? she wondered. Across the stream was another salmonberry bush. I'll count to 500, and if they don't come back, I'll go over there and eat some berries. She counted as slowly as she could. Four hundred ninety-nine, 500. Hell.

She was crawling to the berry bush when she heard "You must be Pam."

"What are you guys doing out here?" Salant asked.

Four members of a volunteer alpine rescue team called the Hood River Crag Rats had spent the day descending Lindsey Creek. They had been in radio contact with the Oregon Army National Guard helicopter that had spotted her. "I can't believe there are people who do this. I love you," she cried.

Half an hour later, a medevac chopper arrived. With no place to land, and with some of the Douglas firs stretching 150 feet in the air, the Blackhawk crew had to stage a daring cable rescue, lowering flight medic Ben Sjullie from 300 feet into a drop zone the size of a pickup truck. Ten minutes later, Salant was dangling from the cable above the treetops in Sjullie's bear hug. Safe inside the

A fat green caterpillar shrugged along nearby. She picked it up and bit into it. A metallic flavor spurted into her mouth. Ugh!

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Salant says she'll continue to camp: "I do like that solo connection to the earth."

helicopter, Sjullie closed the door. "Are you OK?" he asked. And for the first time since her ordeal began, Salant broke down and cried.

"I just don't know if she could have made it past the point [where] we'd found her," says Tom Scully, one of the Crag Rats who rescued Salant. "There was a waterfall above and a waterfall below. Another day and she probably would have stayed right where she was." Scully is in awe of Salant for covering such terrain with broken bones. He calls his descent of Lindsey Creek—aided by ropes and climbing gear—"one of the burliest hikes I've ever been on. It wasn't even a hike. It was survival. There's nothing out there but nothing. We were all soaked and scraped up. And she had been at this for days without gear or clothes. She's amazing."

Salant reached Aric on his cell phone from her hospital room in Portland. He had spent the weekend camped out at Bear Lake helping the search effort, and now he was speeding toward Portland. "Aric?" Pamela said through her tears. "I'm OK."

"Thank God. Thank God. I'm on my way." When he stepped into her room, neither of them could find the right words, so they hugged instead.

Pamela Salant left the hospital after a week. In addition to the laceration on her right leg and the tibial plateau fracture just below her left knee, she had suffered compression fractures in her spine and abrasions all over her body. But all she could think about during her convalescence was the forest—how peaceful it had been out there, how much a part of it she had felt, like any other animal suffering along through nature.

As soon as she was able to use crutches, she and Aric camped again. "Are you sure you really want to do that?" her friends asked.

"Are you kidding?" Salant said. "It's all I want to do." ■

PHOTOGRAPHED BY ROBBIE MCCLARAN

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27 Smart Ideas That

Need to lock your door from 1,000 miles away? Have your
a dolphin or digitize your doodles? Get to it! Here are the

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Make Your Life Better

roast take its own temperature? How about swim like
best new inventions to save you time and trouble.

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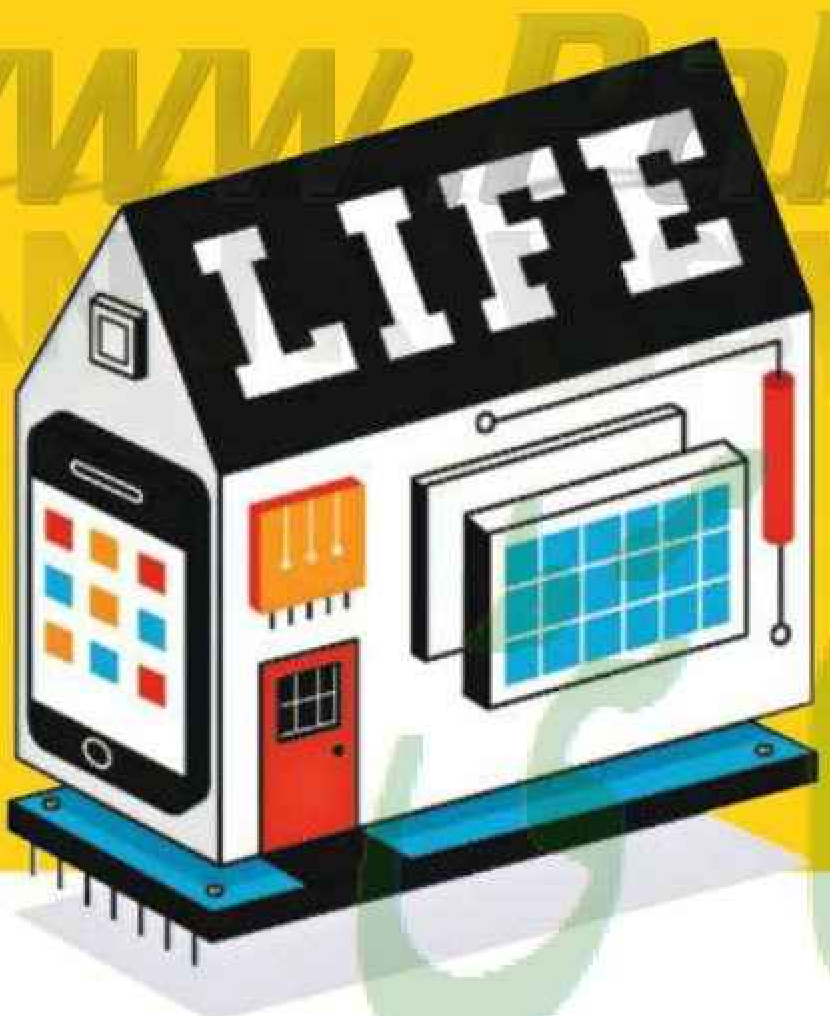

Products to help you **save time, feel good, look good, and have fun**

1 Problem: Inefficient, ugly space heaters Solution: A practical and elegant appliance

Tough to get excited about a space heater? Not for us. This new entry from Dyson combines sleek looks and the latest technology in a futuristic package that's as handsome as it is efficient. The metallic blue oval heats the room quickly by forcing air through an opening in a thick, horizontal stream (rather than letting it waft up toward the ceiling, like most heaters do). It comes with a remote and, thanks to its insulating sheath and ceramic body, remains moderately cool to the touch. If it accidentally falls over, the heating plates turn off immediately.

Availability: *The Dyson Hot is $399.99 at dyson.com and other retailers.*

The Dyson Hot

2 Problem: The outfit you bought online doesn't fit Solution: A digital body-measurement service

Shopping for clothes online is great—until pants that would fit Oliver Hardy arrive at Stan Laurel's house. According to the *Wall Street Journal,* up to 30 percent of apparel purchased online is returned, much of the time because it doesn't fit. But a new service from Berlin, Germany–based start-up UPcloud offers a solution to this all-too-common predicament: Just stand in front of a webcam wearing form-fitting clothes and hold a CD in front of your navel. Because the UPcloud software knows a CD is 4.75 inches in diameter, it can figure out your relative body dimensions and create a 3-D template of your shape. After obtaining your

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COURTESY BIOCOUTURE

3 Problem: Expensive and earth-unfriendly fabrics Solution: Materials made from tea and milk

Eco-friendly fashions have arrived—straight out of the kitchen. British designer Suzanne Lee whips up jean-style jackets (above) and other chic items with a leather-like material she grows in vats of kombucha, a tea-based beverage.

German designer Anke Damaske creates the fabric for her Mademoiselle Chi Chi line from sour milk. The resulting material, which she calls Qmilch, mimics silk but is much cheaper to produce. It is also arguably more organic (the milk is unfit for human consumption) and can be laundered in the washing machine, says Damaske.

Availability: *Under $300 for a Damaske dress at mademoisellechichi.com. Lee's BioCouture fashions are not yet for sale (and not yet water-resistant).*

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COURTESY JESSICA ROSENKRATZ/NERVOUS SYSTEM

4 **Problem:** Mass-produced jewelry **Solution:** Unique designs that mimic nature

Inspired by one-of-a-kind natural patterns like coral and a leopard's spots, the folks at the design studio Nervous System use computer algorithms to create unique jewelry (and housewares) that Mother Nature herself might enjoy. Visitors to Nervous System's website can make their own pieces using three interactive tools (with simple and clear directions) that mimic organic designs. Called generative design, the products are elegant and appealing.

Availability: *Bracelets start at $65 at n-e-r-v-o-u-s.com.*

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personal digital profile, you can shop at online retailers that are part of the UPcload network, confident your new clothes will do you justice.
Availability: *Free at upcload .com; launched late last year with the North Face as its first retail partner.*

5 Problem: Oops! Forgot to lock up the house Solution: Remote control dead bolt

You just boarded a plane, and the inevitable fear hits: Did you leave the front door unlocked? Instead of dialing your next-door neighbor, use the Lockitron wireless dead bolt and free app to lock your door from afar. Simply click the icon on your phone and you can fly in peace.
Availability: *$295 at lockitron .com.*

The Lockitron App

6 Problem: Smelly clothes and too much laundry Solution: Anti-odor textile treatment

Antistink technology (our new favorite term, by the way) is what Agion Active calls its mineral-based antimicrobial solution, which knocks the O out of BO. Clothes treated with the formula absorb and neutralize odors from the body as well as any environmental smells. (Good news for garbage collectors and hibachi chefs alike!) Another perk for those of us who are smelly *and* lazy? Some athletes have found that Agion-treated shirts don't need to be washed until after three wearings. And when you do wash them, the anti-odor treatment is restored to full power.
Availability: *Agion is still testing the technology. Visit its website, stinkatnothing .com, to see if you qualify for a free test T-shirt.*

7 Problem: Ugh, bedbugs Solution: What else? A bedbug detector

Bedbugs: so easy to hate, so hard to spot. Until now. The electronic Bed Bug Detective sniffs out the tiny pests the same way dogs do—by detecting the presence of chemicals known as pheromones that the creepy little critters use to signal one another. But this detector is even more precise than a dog, and, unlike a German shepherd, fits easily in a suitcase, so travelers can

COURTESY LOCKITRON

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test their hotel rooms.
Availability: *$199.99 at theelectronicdognose.com.*

8 Problem: Party hostess trapped in kitchen Solution: Thermometer that calls when roast is done

With a range of more than 200 feet, the world's first Bluetooth meat thermometer lets chefs mingle with guests without scorching the main course. The iGrill system uses a heat probe and free app to relay temperature updates to your iPhone, iPod Touch, or iPad. Stick the probe in a roast, set a desired temperature on the iGrill, and join the party. The meat will alert you when it's done.
Availability: *$99.99 at igrillinc.com.*

9 Problem: Looking for fun, but lazy Solution: A ball with brains

Here's one way to feign telekinetic powers (or just overexcite the cat): the Sphero by Orbotix, the first-of-its-kind app-controlled ball. Download the app and twirl your fingers on the screen—or tilt the phone back and forth—to take the Sphero for a ride. The white baseball-size toy contains a mini sensor, compass, gyroscope, and motor to navigate around the floor. Hit the Boost button to send the whirling dervish scooting across the room. And when the Sphero runs out of juice, simply place it on its stand to recharge.
Availability: *$129.99 at gosphero.com.*

The Sphero

10 Problem: You swim like a human Solution: Your own dolphin tail

You'll never be Michael Phelps, but how about Flipper? Lunocet, a high-tech fin modeled after a dolphin's tail, can help you reach underwater speeds of up to eight mph—much faster than you'd go with plastic flippers (and faster than Phelps, as a matter of fact). The 31-inch stainless steel, aluminum, and urethane monofin is more than a toy. It bolts onto cycling shoes and "functions like a wing" to propel you forward, according to marine biologist Frank Fish (we know, we know).
Availability: *$625 at lunocet .com.*

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PARK JI-HWAN/AFP/GETTY IMAGES

11 **Problem:** Busy people with no time to shop **Solution:** Virtual supermarkets

Commuters in South Korea don't have to wait until the trip home to buy groceries. As they pass images of products displayed on subway station walls (along with each item's product code), shoppers snap photos of what they want, place their orders using a specially designed mobile app, and check out. Their groceries are delivered to their doorsteps by the end of the workday. The retailer, Home Plus, reported a 130 percent increase in online orders in the three months after it introduced the technology last year. While there's nothing quite as cutting-edge in this country yet, Stop & Shop's online shopping service, Peapod, has its own mobile app that lets you buy items and schedule deliveries.

Availability: *Four virtual supermarkets recently opened in Prague, and another 15 opened in Shanghai. Home Plus plans to open more stores in South Korea soon.*

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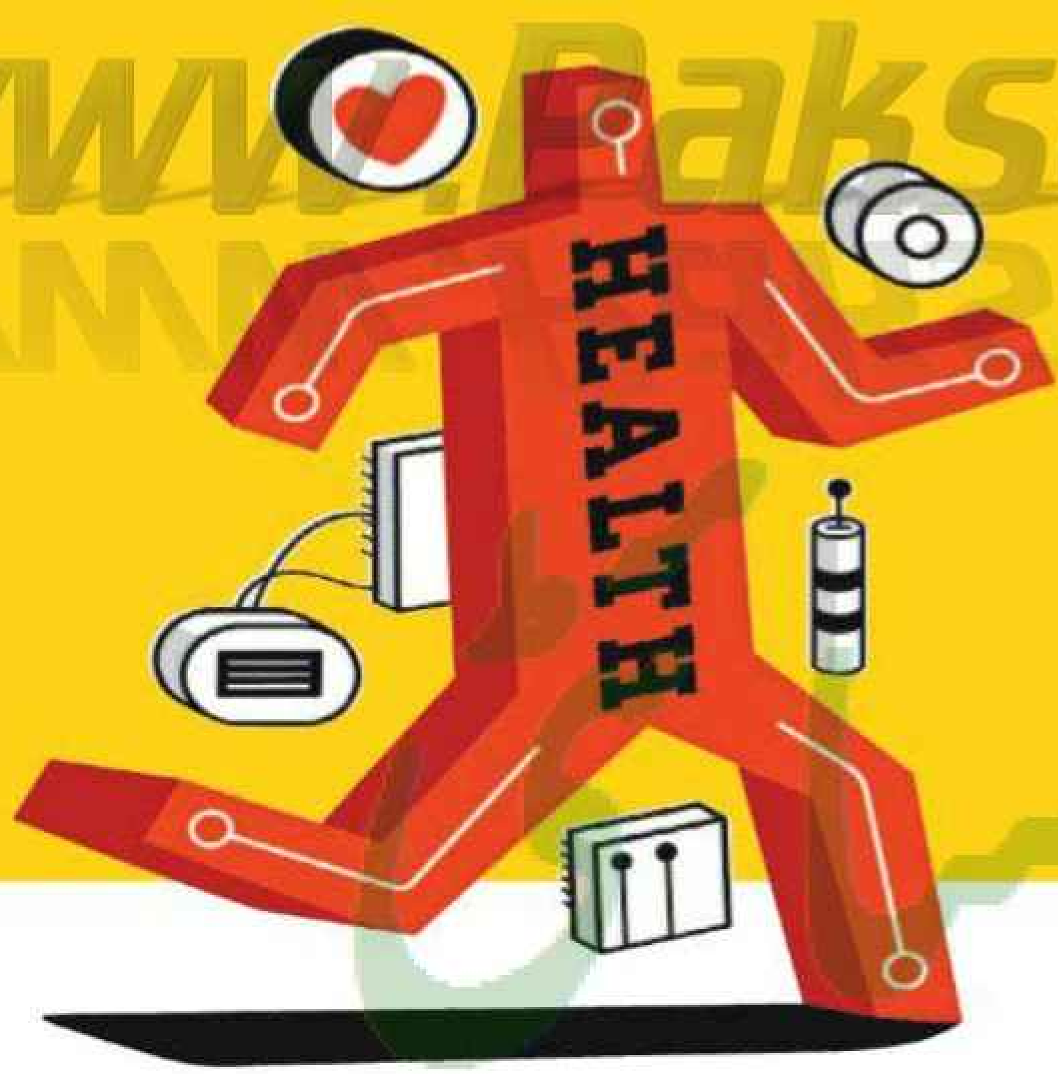

Tools to **prevent, detect, and treat everyday problems**

12 **Problem:** Asthma, delayed heart treatments
Solution: Smart-phone apps

Breathe easier More than 1.5 million Americans visit the emergency room every year because of asthma. With the Asthmapolis smart-phone app and a sensor that attaches to an asthma inhaler, asthmatics can identify and avoid their triggers before they need to call 911. The app tracks the time and location of each breath drawn from your inhaler. The resulting map can help uncover clues about what environmental factors, such as car exhaust and plants, may be causing symptoms. After using Asthmapolis, "some people recognize for the first time that they have work-related asthma. Some identify new triggers like air pollution," says its inventor David Van Sickle, PhD, former epidemic intelligence service officer for the Centers for Disease Control and Prevention. "We think this technology will help patients with poorly controlled asthma realize they need additional medical help."
Availability: *Currently awaiting FDA approval.*

AliveCor Smart-phone ECG

I heart my pulse The Smartphone ECG app detects and records your heartbeat. Slide your smart phone into a case with two electrodes, activate the app, and hold the phone in your hands or against your chest. Each log of your heartbeat is filed on the app and can be e-mailed to your doctor.
Availability: *Check alivecor .com for on-sale dates.*

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COURTESY JAWBONE

13 **Problem:** Healthy living can be a challenge **Solution:** Motivation on your wrist

The UP wristband from Jawbone is a nutritionist, personal trainer, and life coach rolled into one slender rubber bracelet. It uses an iPhone app to monitor your sleeping, eating, and activity patterns. Slip it on and tap the app to track steps taken, distance traveled, and calories burned. Wear it to bed and wake up to an iPhone graph showing hours slept, amount of deep versus light sleep, awake time, and overall sleep quality. Snap pictures of your meals on your phone and respond to prompts about how you feel after eating. The only thing missing is a cheering squad—although it kinda has that too. Set the band to vibrate, and it will remind you to get off your duff.

Availability: *$99.99 at jawbone.com.*

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14 Problem: Seasonal affective disorder Solution: Pocket-size light source

A common treatment for seasonal affective disorder (SAD) just got a lot more portable. As an alternative to bulky contraptions that simulate sunlight and can cost more than $450, earbuds from Finnish scientists shine light onto the photosensitive regions of the brain through the ear canal. Preliminary studies have suggested that the earbuds can help alleviate SAD symptoms. Inventors say using the earbuds for eight minutes a day can help prevent and treat mood swings and sleep disorders.

Availability: *Expected to be on sale this spring for $284 at valkee.com.*

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15 Problem: Weak legs Solution: Motorized walking aid

If you're caring for an elderly or frail relative, Honda's Stride Management Assist could make life easier for both of you. Two small motors power braces that help the wearer lift each leg. The braces automatically adjust to the wearer's walking pace. "Wearing this device made me feel like I could climb steps forever," wrote *Popular Science* reporter Paul Adams. **Availability:** *In the prototype stage; not for sale yet.*

Honda Stride Management Assist

16 Problem: The time to take a pulse Solution: Instant vital signs

A special mirror being developed at MIT will do more than remind you it's time for a haircut. A webcam hidden behind a two-way mirror detects subtle changes in the amount of light reflected off your skin as blood pumps through your veins. A computer program interprets the recording and displays your heart rate on the surface of the mirror within seconds. Inventor Ming-Zher Poh hopes hospitals will eventually use the technology to quickly and painlessly check burn victims' and babies' vital signs; heart patients could use it at home to monitor cardiovascular health. **Availability:** *In the prototype stage; not for sale yet.*

17 Problem: Loud music Solution: A new spin on earbuds

You take your music everywhere, but ordinary earbuds can damage your hearing: They completely seal off your ear canals, triggering a reflex that makes the sound seem quieter than it actually is. To compensate, you crank up the volume. A soft plastic membrane from Asius Technologies, called the Ambrose Diaphonic Ear Lens (ADEL), solves the problem. Earbuds outfitted with ADEL don't look any different from traditional earbuds, but they absorb trapped sound waves, making music sound clearer at a lower volume. **Availability:** *Check asiustechnologies.com for on-sale dates.*

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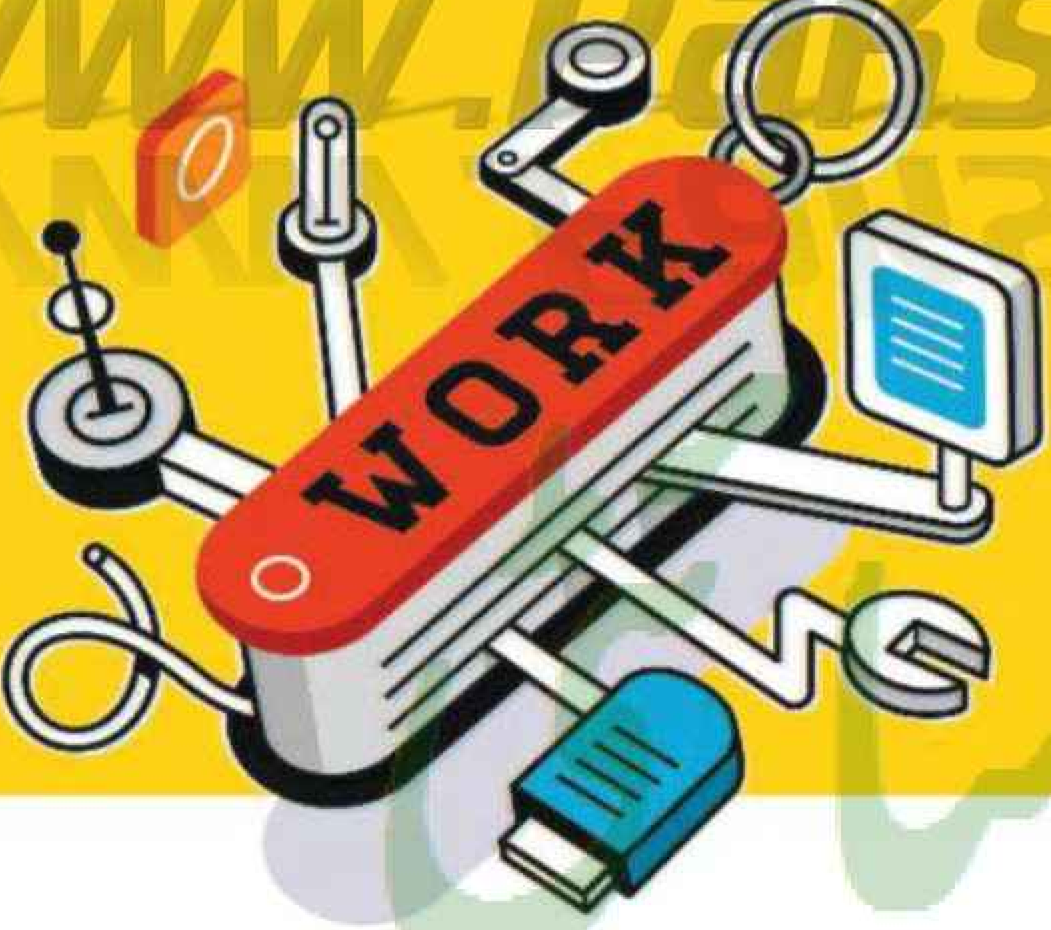

Stuff to help you **do your job smarter and more efficiently**

18 Problem: Cycling clothes unfit for work
Solution: A multipurpose garment

The well-cut Brompton Oratory Jacket looks like any other smart sports coat, suitable for the office or a night out with friends. But it's the MacGyver of cycling gear, tricked out with hidden features that serious cyclists (especially those who commute by bike) will appreciate. On a rainy day, the jacket keeps riders dry with its silicone-coated cotton and fold-down, high-visibility flap in the back, which doubles as a seat protector. Open the underarm "pit-zips" for extra ventilation, and pop the collar and cuffs for safety reflectors. And don't worry about pumping up hills—the shoulder panels are designed to expand as you hunch over the handlebars.

Availability: *About $400 at brompton.co.uk.*

Brompton Oratory Jacket

19 Problem: Small screens, large groups
Solution: A projector in your pocket

The overhead projector, that clunky icon of the 20th-century classroom, just got a radical makeover. The small, sleek SHOWWX+ Laser Pico Projector connects to any iPhone, iPod Touch, or iPad for photo slide shows, movie screenings (including streaming video), and PowerPoint presentations, with image clarity up to 100 inches in diameter. Click through an online slide show or play a clip from the morning news while students (or coworkers) watch too.

Availability: *$369 at microvision.com.*

COURTESY BROMPTON BICYCLE

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20 **Problem:** You had a great idea and lost it
Solution: A doodle saver

True doodlers know it's easy to lose track of favorite creations because, well, they're on random scraps of paper. Which is why Wacom created the Inkling, a scribble-capture system that allows you to write or draw in ink on a single piece of paper and then download your drawings onto a computer. The Inkling sensor clips onto your sheet and tracks the location and pressure of the pen to re-create the shape and line thickness of the image. Connect the Inkling to a computer via USB and export your creations to professional-grade software (from Adobe, Autodesk, or Photoshop) as JPEGs or PDFs. You can send them to friends, post them online, or turn them into the master plans they were meant to be.
Availability: *$199* at *wacom.com*.

COURTESY WACOM

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The Cobra Tag

21 Problem: Where the heck is my ... Solution: A digital leash

Do you often find yourself frantically searching the office/car/house for your phone/keys/sanity—to no avail? A fix for this nuisance is a new device with a rechargeable Bluetooth sensor that tracks your stuff. The Cobra Tag uses a free smartphone app to keep tabs on your mobile as well as what you attach the tag to—keys, laptop, wallet. Trigger the app's finder function on your phone and the tag rings. Press the button on the tag and the phone rings. And if the distance between tag and phone exceeds 30 feet, both make noise.
Availability: *$79.95 at cobra.com.*

22 Problem: File is on office computer; you're home Solution: Remote-search app

You know that report you forgot to e-mail before you left the office? Don't sweat it. The PocketCloud Explore app lets you remotely search for files on your office or home PC or Mac from an Android phone. Just install the PocketCloud Companion app on up to two computers you'd like to be able to search. The app automatically opens your Gmail account and creates an e-mail with the item attached.
Availability: *$4.99 at pocketcloud.com. The creators at Wyse Technology are working on a higher-priced version that can search more devices. Wyse also plans to release a version of the Explore app for iPhone users this year.*

23 Problem: Noise pollution Solution: An alarm to protect your hearing

Anyone who operates heavy machinery or mows the lawn is likely getting an earful. How loud is dangerously loud? Let the 3M Noise Indicator NI-100 tell you. The device clips onto your clothes and flashes red when sound levels reach a potentially harmful 85 decibels. With a rechargeable battery life of 200 hours, that's a lot of horn honking and band practice.
Availability: *$40.75 at amazon.com.*

Ways to make us all **safer, wiser, and more connected**

24 Problem: Avoidable injuries Solution: A super suit for service members

The Man of Steel has his red briefs, but they're nothing compared with the super-powered undersuit the American military is developing. Spurred by Army reports that almost half of the soldiers unfit for deployment have suffered preventable musculoskeletal injuries, DARPA, the Pentagon's advanced technology division, is devising a lightweight, battery-operated rig called the Warrior Web. Outfitted with a network of miniature sensors that enable the body to protect itself, the suit will automatically reinforce key body joints to help prevent injury as well as support overworked muscles. "The vision is to create a suit carefully mapped to human physiology that fits comfortably underneath the uniform and outer protective gear," says Army Lt. Col. Joe Hitt, DARPA's Warrior Web program manager. No word on whether a cape is also in the works.

Availability: *DARPA is currently soliciting research proposals to aid in its development of Warrior Web.*

DARPA's Warrior Web

COURTESY DARPA

25 Problem: Apathetic students Solution: Online learning

Kids love videos. And ... ? But that simple truth is revolutionizing education. It started with the Khan Academy, the phenomenally successful online learning center that offers students of all ages free access to more than 2,600 video tutorials. A $1.4 million donation from the Gates Foundation will seed a

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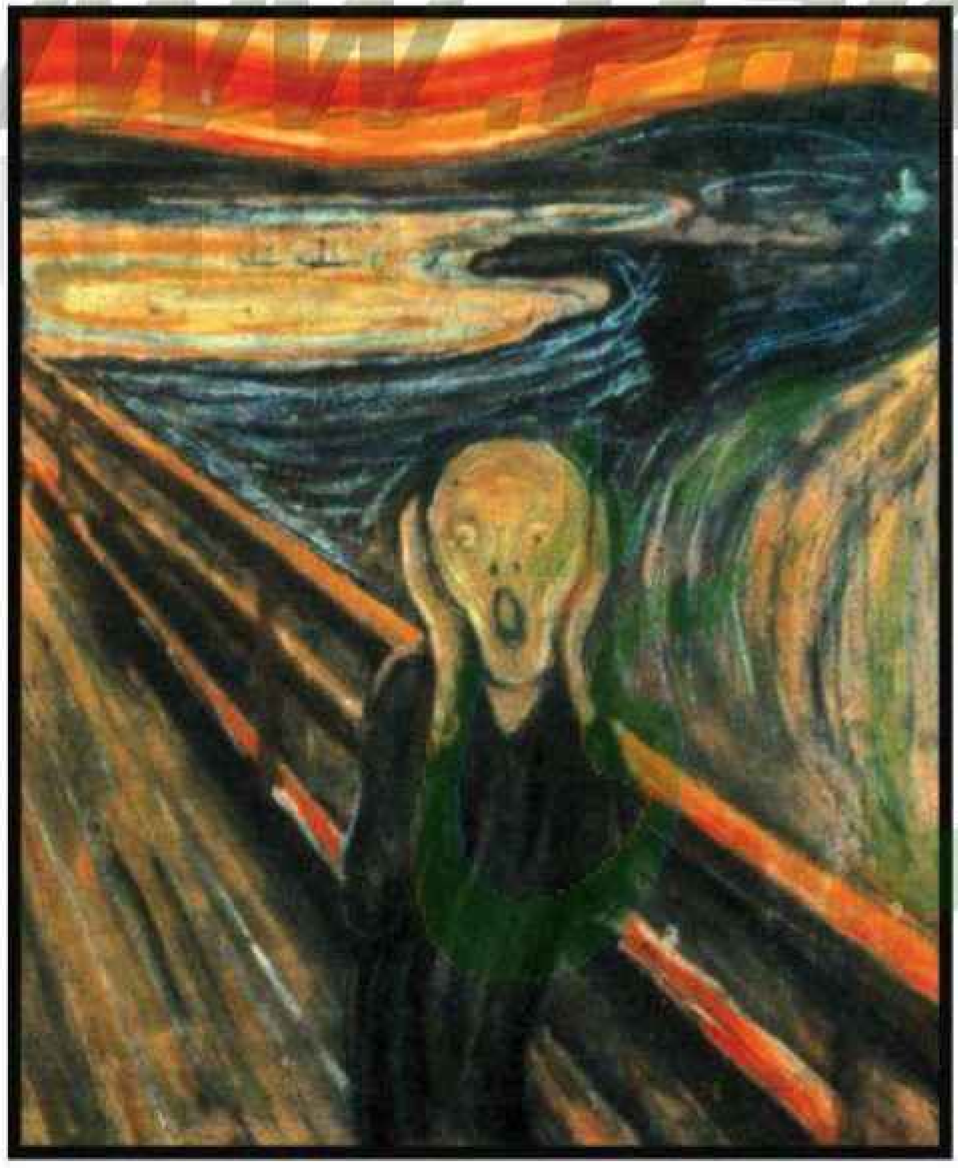

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project to take the Khan concept to more students. In keeping with the trend, Google recently launched YouTube for Schools, a free portal that curates videos on subjects like history and math while filtering out the silly stuff (cats!).
Availability: *khanacademy .org; youtube.com/education.*

26 Problem: The high cost of tractors and other equipment Solution: Free online designs and support tutorials

The folks at Open Source Ecology take the do-it-yourself concept about as far as it can go with the Global Village Construction Set (GVCS). The idea is to give communities access to essential, affordable tools and equipment—and ways to build them. GVCS has identified "the 50 most important machines for modern life"—including tractors, bread ovens, wind turbines, and cement mixers—and is busy creating and publishing designs and instructions that almost anyone can use at a fraction of the cost of the manufactured versions. "If we can lower the barrier to farming, building, and manufacturing, we can unleash massive amounts of human potential," says Open Source Ecology's Marcin Jakubowski.
Availability: *Visit opensource ecology.org to learn more and to watch videos of the prototypes that have been built.*

27 Problem: Fake medications Solution: Drug fraud hotline

Counterfeit medications kill more than 700,000 people every year—many in developing countries—including 20 percent of those who die of malaria. To stop this epidemic, mPedigree Network offers a free cell phone service consumers can use to determine if a drug is legit. Shoppers scratch off a special label on drug packages, then text the serial number beneath to a hotline linked to a database of drug serial numbers. A reply text states the medication's legitimacy and expiration date.
Availability: *Ghana, Kenya, and Nigeria. Go to mpedigree .net for more information.*

Reported by *Alison Caporimo, Beth Dreher, Hilary Sterne, Natalie van der Meer* ■

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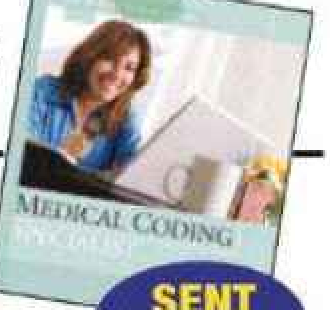

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Quotes

> If we take care of the moments, the years will take care of themselves.

Maria Edgeworth, Irish author

The most beautiful thing in the world is, of course, the world itself.

Wallace Stevens

If you fixate on the worst-case scenario, and it actually happens, you've lived it twice. *Michael J. Fox,* in *Vanity Fair*

Any salesman knows that you have to deal with people the way they are. Not how you'd like them to be.

Helen DeWitt, author, from *Lightning Rods*

You don't need to be a heroin addict or a performance poet to experience extremity. You just have to love someone.

Nick Hornby, novelist

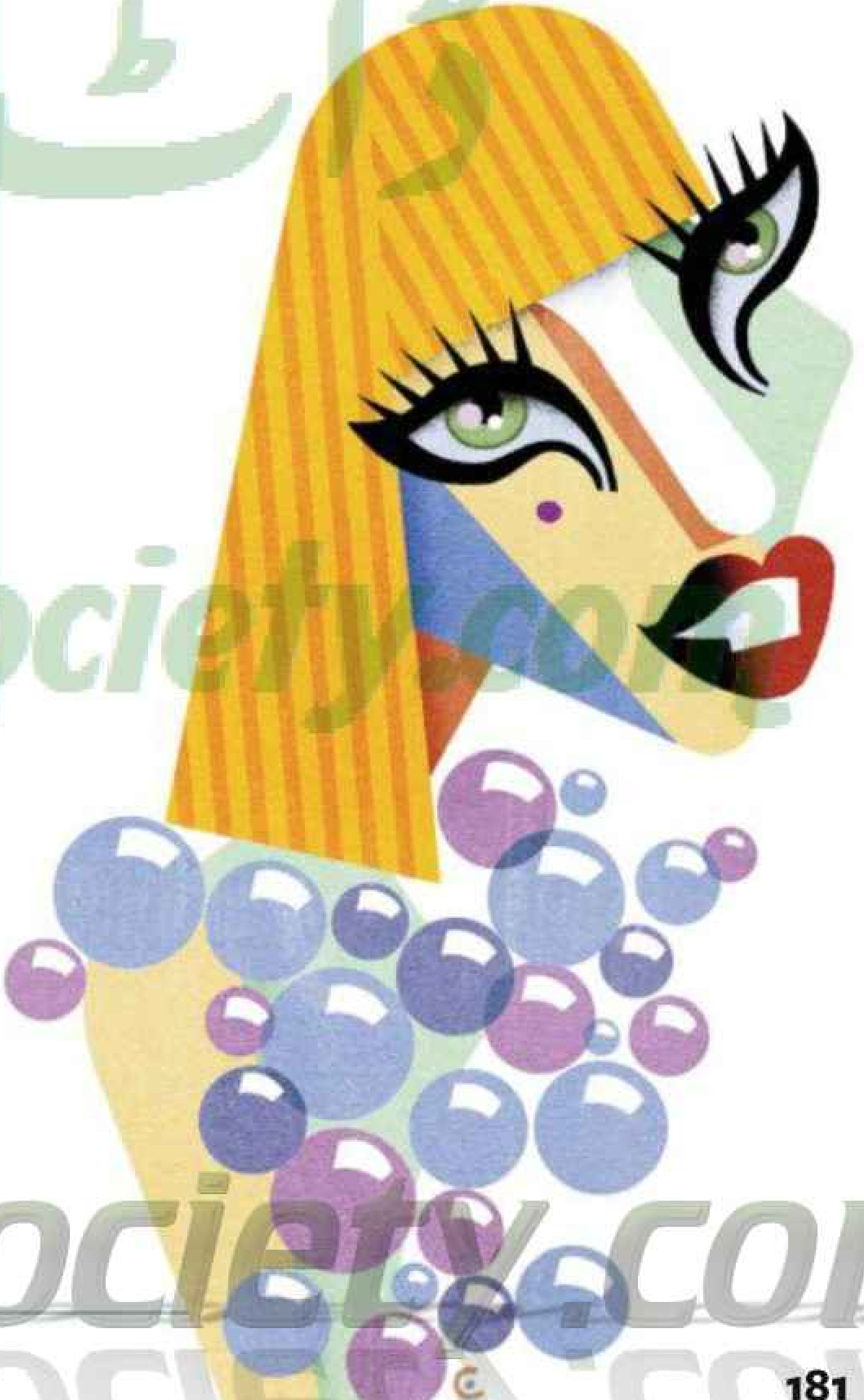
There's no fear when you're having fun.

Will Thomas, college basketball player

Prior to the Internet, the last technology that had any real effect on the way people sat down and talked together was the table. *Clay Shirky,* writer

Curious learning not only makes unpleasant things less unpleasant but also makes pleasant things more pleasant.

Bertrand Russell



Do not allow people to dim your shine because they are blinded. Tell them to put on some sunglasses. *Lady Gaga*

ILLUSTRATED BY DAVID COWLES

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Word Power

BY EMILY COX & HENRY RATHVON

Only U Words with no vowels except *u* form a peculiar group—or, one might say, a rum bunch. Take a run (but not a bum's rush) through this quiz, featuring words with the vowel exclusively. Dumbstruck?

Turn the page for answers.

1. fugu ('foo-goo) *n.*—
A: African dance. B: flintstone. C: poisonous fish.

2. susurrus (su-'sir-us) *n.*—A: whispering sound. B: low layer of clouds. C: magic elixir.

3. tub-thump ('tub-thump) *v.*—A: challenge. B: support loudly. C: fail disastrously.

4. plumb ('plum) *adj.*—
A: purplish-red. B: exactly vertical. C: exhausted.

5. mugwump ('mug-wump) *n.*—A: politically independent person. B: sad child. C: punch or fight.

6. kudzu ('kood- *or* 'kud-zoo) *n.*—
A: two-masted ship. B: fast-growing vine. C: rabbit-like rodent.

7. luff ('luhf) *v.*—
A: change your mind. B: deal a poker hand. C: turn a ship to the wind.

8. jumbuck ('juhm-buck) *n.*—A: Australian sheep. B: silver dollar. C: tangled mess.

9. succubus ('suc-cu-bus) *n.*—A: skin pore. B: double-decker trolley. C: female demon.

10. usufruct ('yoo-zuh- or 'yoo-suh-frukt) *n.*—
A: stubborn person. B: legal right of use. C: light-bending prism.

11. chum ('chuhm) *n.*—
A: gritty buildup. B: bait for fish. C: trill of a bird.

12. lutz ('luhtz) *n.*—A: ice-skating jump. B: unit of electric power. C: World War II bomber.

13. subfusc (sub-'fuhsk) *adj.*—A: using espionage. B: drab or dusky. C: too wet to ignite.

14. durum ('der-uhm) *n.*—A: wild bull. B: pause in poetry reading. C: kind of wheat.

15. pung ('pung) *n.*—
A: military takeover. B: hole in a barrel. C: box-shaped sleigh.

Deep Roots

When missionaries first arrived in sunny Polynesia, they distributed long dresses to the native women so they could cover up. Around 1923, these garments adopted the name **muumuu**—borrowed from the Hawaiian *mu'umu'u,* which means "cut off"—because the restrictive parts, particularly the yoke and the sleeves, were snipped away for comfort.

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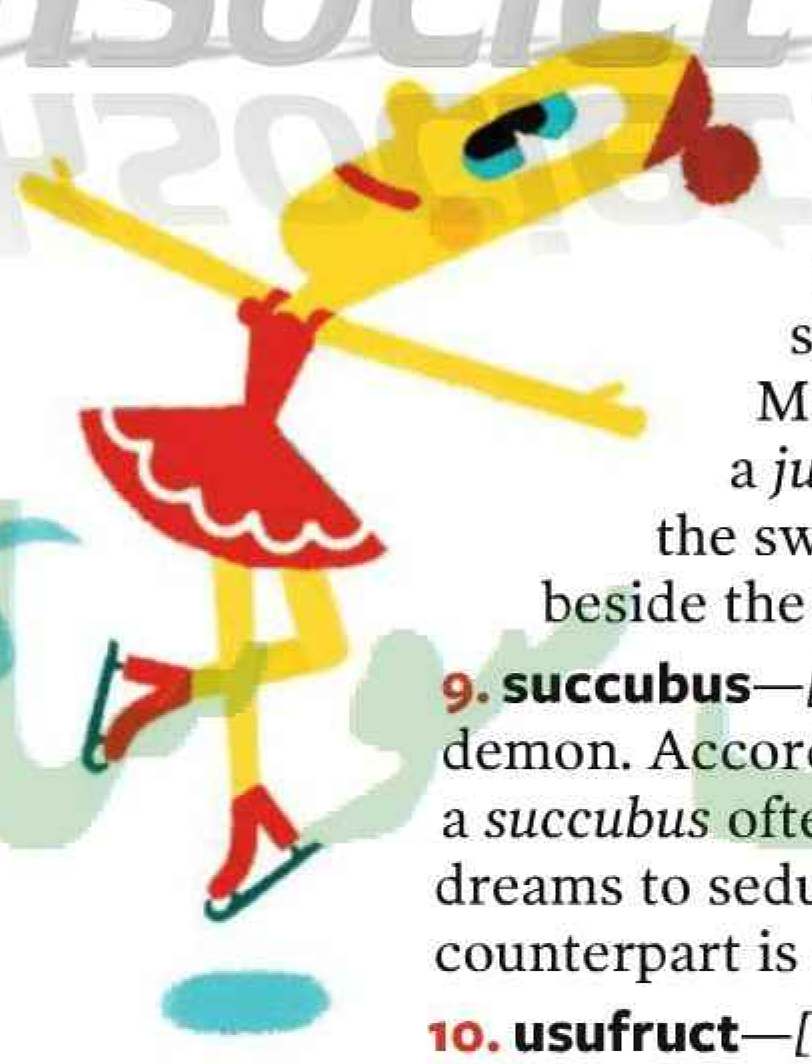
Answers



1. fugu—*[C]* poisonous fish. Does Dad know he has to cut out the toxic parts of the *fugu* before he cooks it?

2. susurrus—*[A]* whispering sound. The *susurrus* of night winds lulled the sentry to sleep.

3. tub-thump—*[B]* support loudly. These pushy kids of ours are *tub-thumping* for a raise to their allowance.

4. plumb—*[B]* exactly vertical. Is it just me, or does that old tower in Pisa look not quite *plumb*?

5. mugwump—*[A]* politically independent person. Despite being a *mugwump,* Gary takes his civic duty very seriously come Election Day.

6. kudzu—*[B]* fast-growing vine. My roommate's stuff is taking over the dorm quicker than a *kudzu* in Dixie.

7. luff—*[C]* turn a ship to the wind. "A *real* yachtsman would know how to *luff* without suddenly knocking all the passengers overboard," Becky sniped under her breath.

8. jumbuck—*[A]* Australian sheep. In the song "Waltzing Matilda," it's a *jumbuck* that the swagman catches beside the billabong.

9. succubus—*[C]* female demon. According to folklore, a *succubus* often appears in dreams to seduce men (its male counterpart is an incubus).

10. usufruct—*[B]* legal right of use. Our lawyer friend David is often accused of taking work home: Last night, he asked his son, "Hey, who gave you the *usufruct* to play with my phone?"

11. chum—*[B]* bait for fish. "Chief, best drop another *chum* marker," Quint utters as the crew hunts down the famous predator in *Jaws.*

12. lutz—*[A]* ice-skating jump. Despite a less-than-perfect *lutz*, Carolann's program was strong enough to help her retain the regional title.

13. subfusc—*[B]* drab or dusky. Every year, Clarice waits for a *subfusc* winter morning to reread *Wuthering Heights.*

14. durum—*[C]* kind of wheat. I hate to tell you, but your all-*durum* diet is not gluten-free.

15. pung—*[C]* box-shaped sleigh. "Oh, what fun it is to ride in a ... *pung*!" just doesn't have the same ring, does it?

VOCABULARY RATINGS

- **9 and below: numskull**
- **10–12: humdrum**
- **13–15: clutch**

Sound Smarter

Forming the negatives of words can be tricky, and often it's best to avoid our vowel of the month. Consider: *inadvisable* (not *unadvisable*), *infrequent* (not *unfrequent*), and *atypical* (not *untypical*). But sometimes the *u*'s have it: *uncontrollable* (not *incontrollable*) and *unalterable* (not *inalterable*).

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Off Base

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Calling All Idiots!

A sergeant was trying to sell us new soldiers on the idea of joining the airborne division. His pitch clearly needed work. "The first week, we separate the men from the boys," he began. "The second week, we separate the men from the idiots. The third week, the idiots jump."

Jimmy Roney, Chamblee, Georgia

Birds of a Feather

My son, stationed in Japan, dated a Japanese girl who spoke little English. That didn't faze him until the night she announced, "I have chicken pox."

My son didn't know whether to run or get her to the hospital. Then he noticed her shiver.

"You don't have chicken pox," he said. "You have *goose bumps.*"

Nejla Williams Bodine, Richwood, Ohio

Cloudy, with a Chance of Double-Talk

When I worked in the Air Force Satellite Control Facility, we held regular status briefings for department heads. One time, a young officer concluded the weather briefing with "20 years ago, using manual methods, we could predict the weather only three days in advance. Today, with computers, we can predict the weather 72 hours in advance."

George Kreider, on weatherblog.abc7news.com

A Patriotic Wife

A woman called our restaurant. "I want to treat my husband to breakfast for Veteran's Day," she said. "Do you still offer free meals to veterans?"

John Bartuska, Hilton Head, South Carolina

Your favorite new joke, funny military anecdote, or crazy news story might be worth $$$. See page 99 for details.

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Laugh! :)

Seeing Red

I was at a bar when a man asked if I was Irish.

"How could you tell?" I asked.

He pointed to my hair: "It's red."

I nodded. "Yes, everyone from Ireland uses Nice 'n Easy Color Number 111."

Comic *Meghan O'Keefe*

"Orange! Rhyme that, smarty-pants!"

Husbands Anonymous

A cop stops a drunk late at night and asks where he's going.

"I'm going to a lecture about alcohol abuse and the effects it has on the human body," slurs the drunk.

"Really? Who's giving that lecture at one in the morning?"

"My wife." Submitted by *Alfred Mansoor,* Santa Rosa, California

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Unhelpful Advice

- "In case of fire, evacuate the building. Do not use stairways. Do not use elevators." (Sign in the Federal Reserve Bank building in Boston)
- "All you have to do [to protect yourself from nuclear radiation] is go down to the bottom of your swimming pool and hold your breath." (Department of Energy spokesperson)
- "Don't Make Luggage Look like a Bomb" (headline from the *El Paso Times* [Texas])

From *Book of All-Time Stupidest Top 10 Lists,* by Kathryn and Ross Petras (Workman)

Witerature

I just read a great novel on my Kindle. It was a real button-presser.

Submitted by *Peter Bacanin,* Stoke-on-Trent, England

I wear glasses because I like to dramatically remove them to display anger. It was awkward doing that with contact lenses.

Comic *Tim Seidell*

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Old Joke We Love

An Englishman, a Frenchman, and a New Yorker are captured by cannibals. The cannibal chief says, "We're going to kill you, eat you, and use your skins to make a canoe. But you do get to choose how you die."

The Englishman pulls out a revolver, yells, "God save the queen," and shoots himself in the head.

The Frenchman grabs a bottle of cyanide, shouts, "*Vive La France,*" drinks the poison, and dies.

It's now the New Yorker's turn. He pulls out a fork and, as he stabs himself all over his body, shouts, "Screw your damn canoe!"

Marital Blitz

Love may not be a many splendored thing. Headlines from the humor publication The Onion *bear that out.*

- Hatred of Marriage Counselor Brings Couple Together
- Wife Always Dragging Husband into Her Marital Problems
- Bachelorette Party Saved by Actual Firemen

From *The Onion Presents: Love, Sex and Other Natural Disasters* (Quirk)

Your favorite new joke, funny anecdote, or crazy news story might be worth $$$. See page 99 for details.

Jane Austen 2.0

Even the classic novels of yore can use a little sprucing up. With that in mind, these famous opening lines were given a face-lift suitable for the modern bookshelf.

- *Alice's Adventures in Wonderland:* "Alice was beginning to tire of sitting by her sister on the bank. She took out her iPhone and played Angry Birds for the next three hours."

- *Pride and Prejudice:* "It is a truth universally acknowledged, that a single man in possession of a good fortune must be in want of an Internet start-up to call his own."

- *Moby-Dick:* "Call me Ishmael_65."

- *The Great Gatsby:* "In my younger and more vulnerable years, my father gave me some advice that I've been turning over in my mind ever since. 'Whenever you feel like criticizing anyone,' he told me, 'just remember that all the people in this world haven't had the advantages that you've had.' He paused, looked at me, and continued, 'However, if you really must, make sure it's on the Internet and that you do it anonymously.'"

Sean Ryan, on mcsweeneys.net

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LOT NO. 68239

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10716728

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drillmaster

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